

SUTHERLANDS OF PORTSOY

• SINCE 1908 •

THE FINEST FISH FOR FIVE
GENERATIONS

Fish Pie (serves 2)

Salmon is a good source of long-chain omega-3 fatty acids. Omega 3 can help maintain a healthy heart and may reduce our risk of heart disease. Oily fish is also a source of Vitamin D in our diets. Vitamin D works with calcium and phosphorus to keep our bones, muscles and teeth healthy. We should aim to have at least 2 portions of fish a week, with at least one being oily. This recipe contains milk, which is a good source of protein and calcium. Calcium is important for building strong bones and teeth.

Ingredients

3 large potatoes, peeled and cut into chunks
20 ml single cream or milk
1 haddock fillet
1 salmon fillet
1 tsp lemon juice

160g frozen peas

Sauce

Bunch of parsley- finely chopped
20g plain flour
190g semi-skimmed milk

Method

1. Pre heat oven to 200 °C/Fan 180 °C/392 °F/
Gas mark 6
2. Cook potatoes in boiling water until soft,
drain well and mash.
3. Add the cream or milk, then season with
salt and pepper. Mix well until smooth
4. For the sauce bring milk to the boil,
stir in parsley and add flour, a little at a
time, whisking after each addition until
completely smooth.
5. Bring sauce to boil then reduce the heat
and simmer for 5-6 minutes.
6. Cut haddock and salmon into chunks, lay
in ovenproof dish and squeeze over some
lemon juice
7. Pour the parsley sauce over the top
8. Cover with the mashed potatoes and bake
for 35-40 minutes, until crisp and brown
9. Serve with peas or available vegetables

Front of pack (food) for portion of 454g

Energy 2020kJ 481kcal	Fat 14.5g	Saturates 4.5g	Sugars 11.4g	Salt 0.3g
24%	21%	23%	13%	5%