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**

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<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
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<tr>
<td>2020kJ 481kcal</td>
<td>14.5g</td>
<td>4.5g</td>
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