



COME ON

LET'S  
**DO  
THIS**

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	LOW

per 100g

Portions  
fruit & veg  
per serving  
**2**

## Fish pie

For more tasty recipes with a healthy boost, visit  
[lets-dothis.org.uk](https://lets-dothis.org.uk)

Recipe includes a  
healthy boost

Serves 4 | prep 20 mins | cook 55 mins

# Fish pie

Add a **healthy boost** to this classic fish pie. Making the topping with sweet potato and adding mushrooms to the sauce will add loads of colour and flavour to your dish and help you to reach your five-a-day.

## Ingredients

- 200g potatoes, chopped (no need to peel)
- 1 tsp pure vegetable oil
- 1 large red pepper (160g), finely chopped
- 1 medium leek (170g) chopped
- 280g cod or any skinless fillet of white fish, cubed
- 280g salmon (skinless steak or fillet), cubed
- 1 tbsp plain flour
- 1 fish stock cube
- 400ml skimmed milk
- Good pinch white pepper
- Good grind black pepper.

## Healthy boost ingredients

- 160g sweet potatoes, peeled and chopped
- 160g mushrooms, sliced.

## Method

1. Preheat the oven to 180°C/gas 4. Boil the potatoes and sweet potatoes for 15–20 minutes until soft. Mash and set aside
2. Meanwhile, heat the oil in a saucepan and fry the pepper, mushrooms and leeks stirring regularly, until they soften, about 5 minutes
3. Sprinkle flour over the vegetables then crumble the stock cube over. Mix well until the vegetables are all coated
4. Slowly stir in a quarter of the milk until it becomes quite thick, then gradually stir in the rest, stirring constantly, until it comes to the boil. Stir in the white pepper
5. Add the sauce to an ovenproof dish and arrange the fish so that it is evenly distributed
6. Top with the potato and bake for 25–35 minutes until the sauce starts bubbling through the potato, sprinkle with black pepper and serve.



## Nutritional information

Each serving contains:

Calories

**373**

19%

Fat

**13g**

19%

Saturates

**2.4g**

12%

Sugars

**9.8g**

11%

Salt

**1.1g**

18%

% = an adult's reference intake

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