



Fabulously Cheesy Fish Pie

Serves 8

Ingredients

- 300g White fish (haddock & cod)
- 2 x 100g Hard boiled Free range eggs
- 50g Peas
- 625g Low fat cheese sauce*
- 385g Cooked sliced potato
- 100g Bladen Reduced Fat Cheese
- 6-8 slices (40g) Sliced tomatoes
- Chopped parsley

Method

1. Peel potatoes, boil until just cooked and remove from heat & drain. When cooled, slice potatoes to 3mm thickness and keep to one side.
2. Boil eggs until just cooked, refresh under cold running water and peel.
3. Heat sauce through gently and ensure is a smooth consistency.
4. Prepare fish, cut in to chunks 25mm x 25mm, place fish in serving dish (*raw preferably or cooked if necessary*) To cook fish gently poach in water seasoned with salt and ground black pepper.
5. Add quarters of egg to the fish, evenly dispersed around the dish.
6. Add frozen peas to the dish and again, evenly disperse.
7. Pour warmed sauce over the fish ensuring an even coverage.
8. Top the fish with sliced potatoes ensuring the top surface is completely covered.
9. Add grated reduced fat cheese to the potatoes giving good coverage.
10. Bake in a hot oven 250°C for approx 20 mins until cheese is golden and sauce is bubbling.
11. Remove from oven, sprinkle with fresh chopped parsley and serve.

**NO COMPROMISE:
100% TASTE**



*See Low Fat Cheese Recipe for details

