

Mariner's Pie

Allergens – Egg, Fish, Milk

Ingredients

Quantity	Ingredient
600g	Fish Pie Mix (contains Fish) (Pollack, Salmon & Hake)
1ltr	Semi Skimmed Milk
2kg	Potatoes
400g	Sweetcorn
40g	Cornflour
100g	Cheddar Cheese
500g	Medium Sized Eggs
	Garnish with Parsley



Method

1. Poach the fish mix in milk.
2. Boil the potatoes and mash until smooth.
3. Drain the fish and set aside. Add cornflour to the milk and thicken to produce a white sauce.
4. Hard boil the eggs and rough chop.
5. Flake the fish and add to the white sauce along with the eggs and sweetcorn.
6. Transfer to a baking dish and cover the mixture with creamed potatoes, sprinkle with cheese and heat in the oven to a core temperature of 82°C.

Nutritional Content per 180g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 202.6	= 7.4	= 2.8	= 3.2	= 0.4	= 21.4

Portion size - Primary - 180g

Reviewed July 2018