



## Fish Pie (serves 5)

- 200g Pangasius or any other chunky white fish
- 50g Parsnips - peeled and diced
- 100g Frozen Peas
- 100g Sweetcorn
- 200g Milk
- 5g Cornflour - mix with small amount of water
- 1 tsp Oil
- 20g Margarine
- 4 Eggs

Cut the Fish into bite sized pieces. Add oil to pan, then add onion and parsnips and cook gently.

Add the fish and milk (adding more water if required) bring to the boil and simmer gently until the fish is cooked. Bring back to the boil and then add the cornflour (mixed with a little milk), let it thicken. Remove from heat and place in a serving dish.

Make mashed potatoes. Place on top and cook in moderate oven for approximately 20 minutes.