



White fish and broccoli pie with sweetcorn

Ingredients

- 450g white fish
- 200g broccoli florets
- 1 tablespoon vegetable oil
- 1 medium sized onion, finely chopped
- 1 small leek, tined and sliced
- 2 teaspoons chopped, fresh parsley
- 3 tablespoons cornflour
- 500ml semi-skimmed milk
- 1 kg old potatoes, peeled and cut into large chunks
- 2 teaspoons vegetable spread

How to cook me

1. Preheat the oven to 180°C / 350°F / Gas 4
2. Steam the white fish and broccoli florets until cooked. Flake the fish and dice the broccoli, and keep cool until needed. Make sure all the bones are removed.
3. Heat the vegetable oil and fry the onion and leek until softened.
4. Add the parsley, cook for 2 minutes and then take off the heat.
5. Mix the cornflour in a little of the milk to make a paste.
6. Put the remaining milk in a pan, add the cornflour paste and bring to the boil, stirring continuously until the white sauce thickens.
7. Add the onion mixture, fish and broccoli to the white sauce and stir gently to mix well.
8. Pour the fish mixture into a large ovenproof dish.
9. Boil the potatoes for mashing, and when tender, mash with the vegetable spread. Spread the mash over the top of the fish mixture.
10. Bake in the oven for 20 minutes, and finish off under a hot grill to brown the potato.