

Healthy fish pie with peas, carrots and broccoli (Serves 2)

You will need:

- 300g new potatoes
- 2 eggs
- 200ml skimmed milk
- ½ medium onion
- 1 clove garlic
- 100g white fish
- 120g oily fish
- 100g peas
- 1tbsp cornflour
- 2tsp chives
- Black pepper
- 45g half-fat cheese
- 160g carrots
- 160g broccoli

1. Place the potatoes into a pan of boiling water for roughly 20 minutes.
2. Boil the eggs in a pan of boiling water for 3-4 minutes.
3. Put the milk in a pan with the onions and chopped garlic and allow to simmer.
4. Place the fish into the milk and poach for 20 minutes or until cooked.
5. Once the fish is cooked, remove from the milk and place on a plate (do not throw the milk away).
6. The potatoes should be cooked by now. Drain them from the water and gently crush the potatoes in the pan and set aside.
7. Add a little water to the cornflour and then add the cornflour to the milk and heat and stir until the sauce thickens. Add the chives and a few grinds of black pepper and set aside.
8. Assemble the pie by layering the fish, sauce, eggs and frozen or fresh peas and then top with the crushed new potatoes.
9. Sprinkle cheese on top and place in the oven or under the grill for 10-15 minutes.
10. Meanwhile either steam or microwave the carrots and broccoli until tender.

What does this give you?

- 1 portions of starchy food
- 1.5 portions of protein
- 3 portions of vegetables
- 1 portion of dairy

The detail: per serving: 570kcal, 5.5g saturated fat, 13.2g sugar, 12.4g fibre, 49g protein, 1g salt.

Preparation and cooking time: 90 minutes

Approx. cost per serving: less than £3.00

Note: This recipe is particularly good if you're trying to gain strength.

ALLERGENS: Contains fish, milk and eggs.