



INGREDIENTS

- 900g fish pie mix
- 1 pint milk
- 1 onion, diced
- Large handful spinach
- 120g frozen peas
- 1 small tin sweetcorn

TOPPING

- 800g potatoes, washed and diced
- 5 tbsp full fat Greek yoghurt
- 4 tbsp chopped parsley
- 3 tbsp cornflour
- 25g grated cheese

METHOD

1. Grease a baking dish (can make 4 individual or 1 large)
2. Fry the onion in a little butter to soften
3. Add the milk and fish to onion - cover and simmer for 5 mins
4. Add peas and sweetcorn - 5 mins
5. Drain the milk liquid and keep aside, add the fish mix to your baking dish
6. Stir in spinach
7. In a bowl, blend a little milk liquid with cornflour to make a paste
8. Heat the rest of the milk, and add the paste, stirring constantly
9. Season and pour into the baking dish

TOPPING

1. Put the potatoes in a pan, cover with water and boil for 8 mins,
 2. Drain, mash and season
 3. Stir in yoghurt and parsley
 4. Spoon mash on top of fish, flatten with a spoon and sprinkle with cheese
 5. Bake for about 25 minutes or until cheese bubbling
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