

# Gill's Gourmet Gallery

## Fish pie for Healthy Eating Week

### Ingredients to serve 6:

500g mashed potato

500g cod fillet

300 mls milk

25g butter

2 tablespoons cornflour mixed to a paste with 2 tablespoons water

Salt and pepper

200g mature cheddar cheese

### Method:

Poach the cod fillet in milk with knobs of butter on top for 20 minutes in a preheated oven, 180C fan.

Remove from the oven.

Lift the fish from the milk, debone and flake.

Place into a greased ovenproof dish.

Tip the warm milk into a saucepan stir in the cornflour paste and 100g of grated cheese.

Whisk to thicken.

Season to taste.

Pour over the fish.

Top with mashed potato and sprinkle with the remainder of the cheese.

Serve hot, return to the oven for 40 minutes, 150c fan.

