



SALMON PIE

Fish main course: This recipe provides a portion of starchy food and oily fish. It counts towards the food-based standard for lunch to provide a portion of starchy food and a portion of oily fish once every three weeks.

Recipe adapted from: Bidvest 3663 Food Development team

Ingredients

For the potato topping:

1.5kg potatoes, peeled and diced
30g unsaturated fat spread
50ml semi-skimmed milk

For the sauce:

25g plain flour
25g unsaturated fat spread
350ml semi skimmed milk

For the pie:

15ml (1tbsp) olive oil
100g onions, peeled and finely chopped
100g carrots, peeled and sliced
100g celery, chopped
700g salmon fillets, fresh or frozen
1g (1tsp) dried parsley
100g peas, frozen

Method

1. Preheat the oven to 170°C/325°F/gas mark 3.
2. Boil the potatoes for 20 minutes and then drain and mash with margarine and milk.
3. To prepare the sauce. On a low heat, combine the flour and margarine together to form a paste, gradually add the milk and stir until the mixture thickens into a white sauce.
4. Meanwhile, heat the oil in a large pan, then add the onions and cook for 3-4 minutes. Add the carrots and celery and cook for a further 5 minutes or until tender.
5. Combine the vegetables with the white sauce, add the salmon, parsley and peas.
6. Pour into an oven proof dish. Pipe or spoon the mashed potato on top of the fish mixture.
7. Bake for 30 minutes until the pie reaches an appropriate core temperature and is golden brown.

Serving suggestion: with seasonal steamed vegetables.

Number of portions this recipe makes:

10 primary servings (300g)
7 secondary servings (430g)

Prep: 10 minutes
Cook: 1 hour

Allergy information:

Celery, fish, milk, wheat (gluten)

Top Tips

Brush the potato with a beaten egg for a golden crispy top

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats and choose milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).