




Fish Pie

SERVES 4-6

Calcium ✓
Vitamin D* ✓
Iodine ✓



Ingredients

- 1kg potatoes, peeled and halved
- 400ml dairy free milk alternative, plus a splash
- 25g dairy free butter, plus a knob
- 25g plain flour
- 4 spring onions, finely sliced
- 1 x pack fish pie mix (weight around 320g-400g depending on pack size)
- 1 tsp Mustard
- Small bunch chives, finely snipped
- 2 handfuls frozen sweetcorn and peas or mixed vegetables of choice
- Handful grated vintage or extra vintage cheddar

Directions

- Heat the oven to 200C/fan 180C/gas mark 6.
- Put 1kg potatoes, peeled and halved, in a saucepan and pour over enough water to cover them. Bring to the boil and then simmer until tender.
- When cooked, drain thoroughly and mash with a splash of dairy free milk and a knob of dairy free spread. Season to taste
- Put 25g dairy free margarine, 25g plain flour and 4 finely sliced spring onions in another pan and heat gently until the margarine has melted, stirring regularly. Cook for 1-2 minutes.
- Gradually whisk in 400ml of milk alternative. Bring to the boil, stirring to avoid any lumps and sticking at the bottom of the pan. Cook for 3-4 minutes until thickened.

Lactose & Galactose Free Recipe

Calcium ✓
Vitamin D* ✓
Iodine ✓

Directions continued

- Take off the heat and stir in the fish pie mix, 1 tsp of mustard, the snipped chives, and frozen vegetables. Spoon into an ovenproof dish.
- Spoon the potato on top and sprinkle with a handful of grated vintage cheddar cheese.
- Pop in the oven for 20-25 minutes or until golden and bubbling at the edges.

Notes

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Recipe adapted from BBC Good Food

Lactose & Galactose Free Recipe