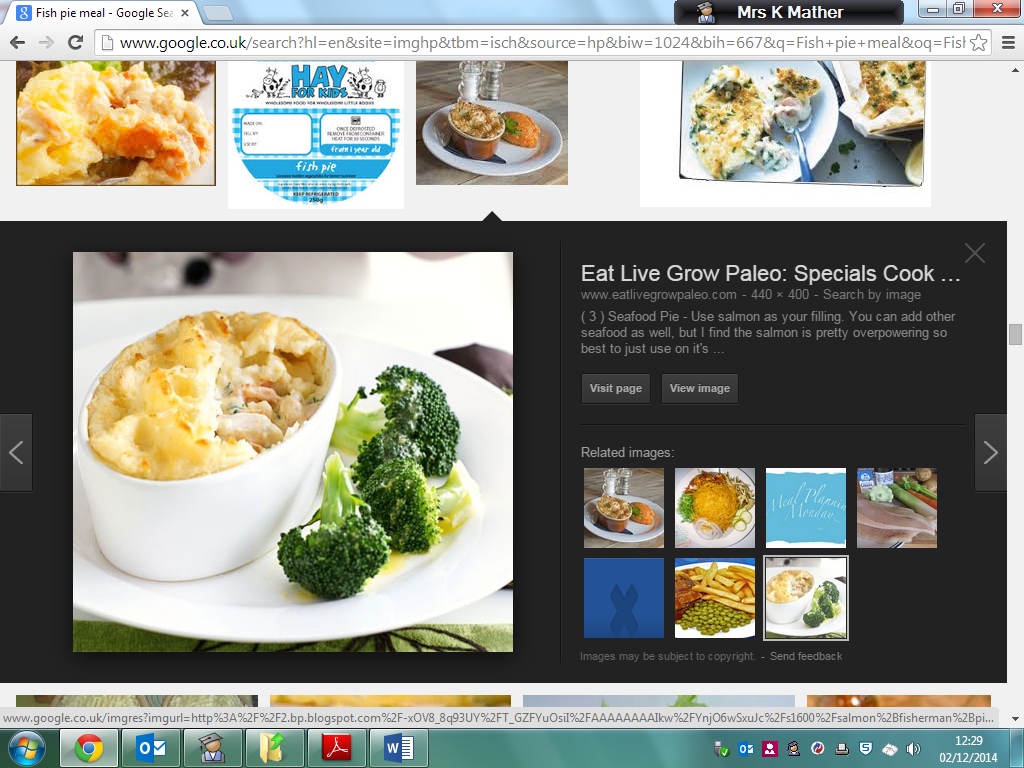
**Fish Pie Serves 2**

You can use whatever fish you like. Some of the supermarkets now offer lovely packs of different fish and shellfish for using in fish pies. Our recipe is using salmon and prawns.

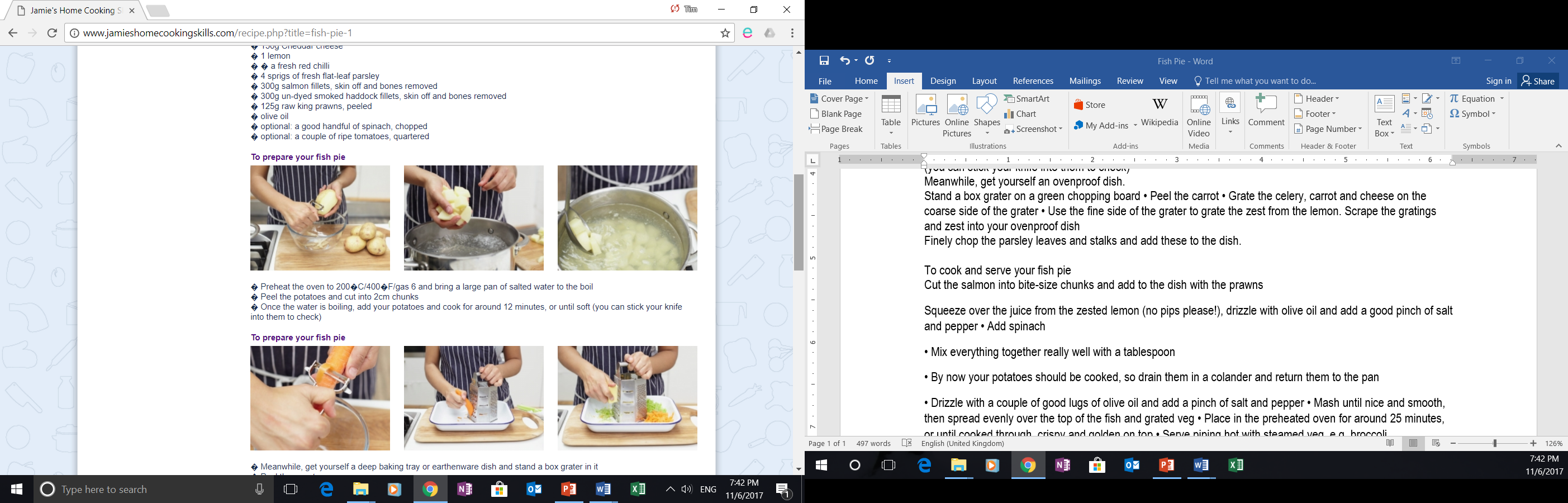
Bring all ingredients and a dish to make your fish pie in on Friday 16th Nov. Arrive at 1.20pm

**Ingredients**

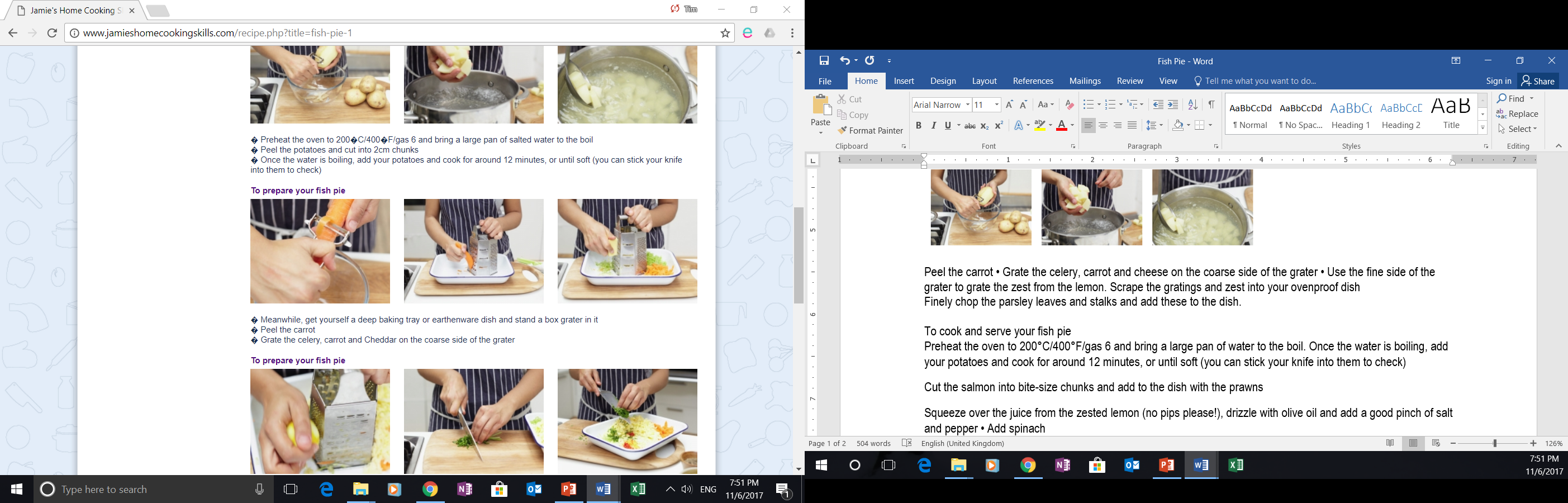
* 200g salmon fillets, skin off and bones removed
* 2 large potatoes
* 1 carrot
* 1 sticks of celery
* 50g prawns (In school already)
* 50g Cheddar cheese
* 1 lemon
* 1 tbsp olive oil or 10g butter
* 1 tbsp defrosted frozen spinach (In school already)
* 1 tsp dried parley (In school already)

**To prepare your fish pie**

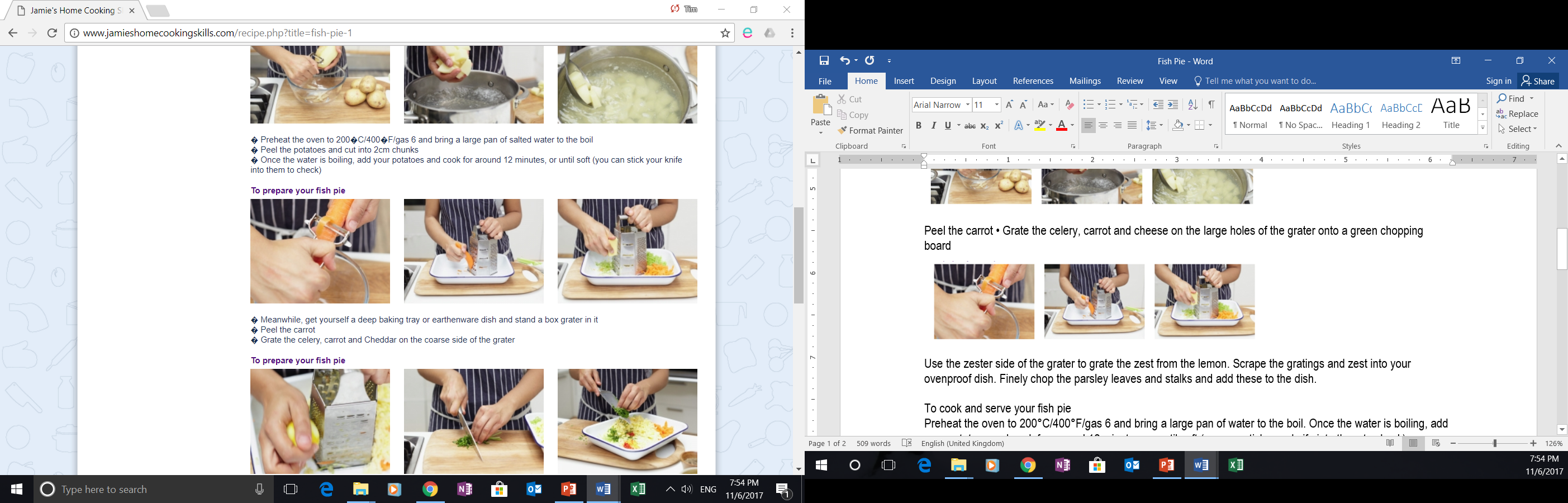
Peel the potatoes and cut into 2cm chunks • Cover in cold water and bring to the boil. Cook for around 15 minutes, or until soft (you can stick your knife into them to check)



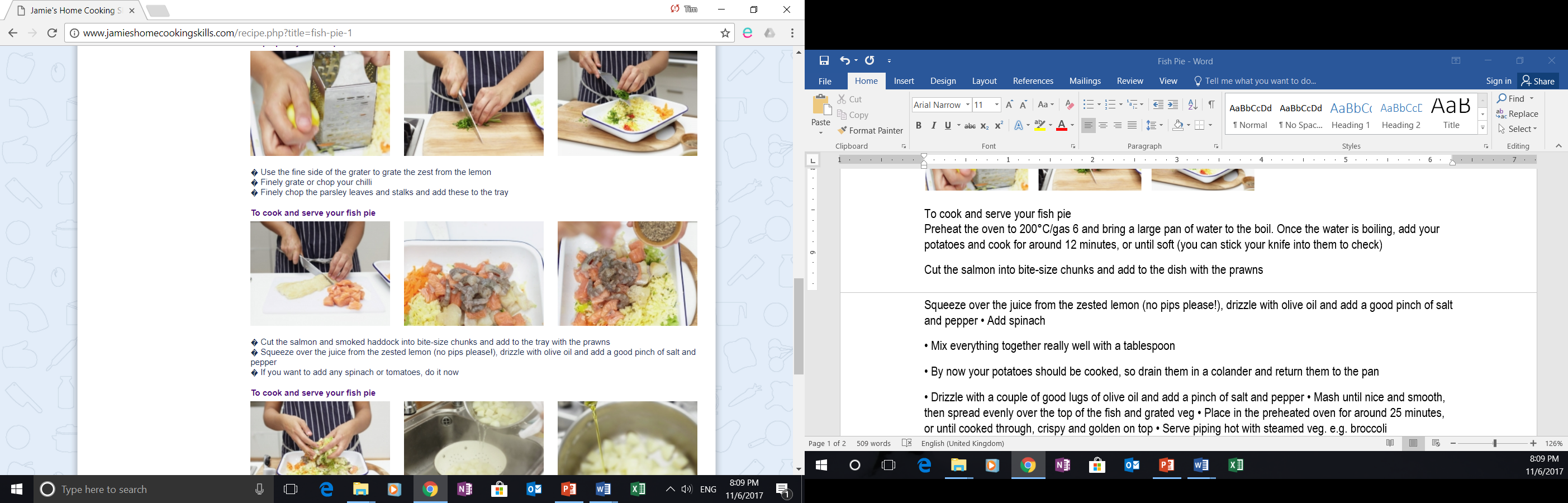
Peel the carrot • Grate the celery, carrot and cheese on the large holes of the grater onto a green chopping board



Use the zester side of the grater to grate the zest from the lemon. Scrape the gratings and zest into your ovenproof dish.



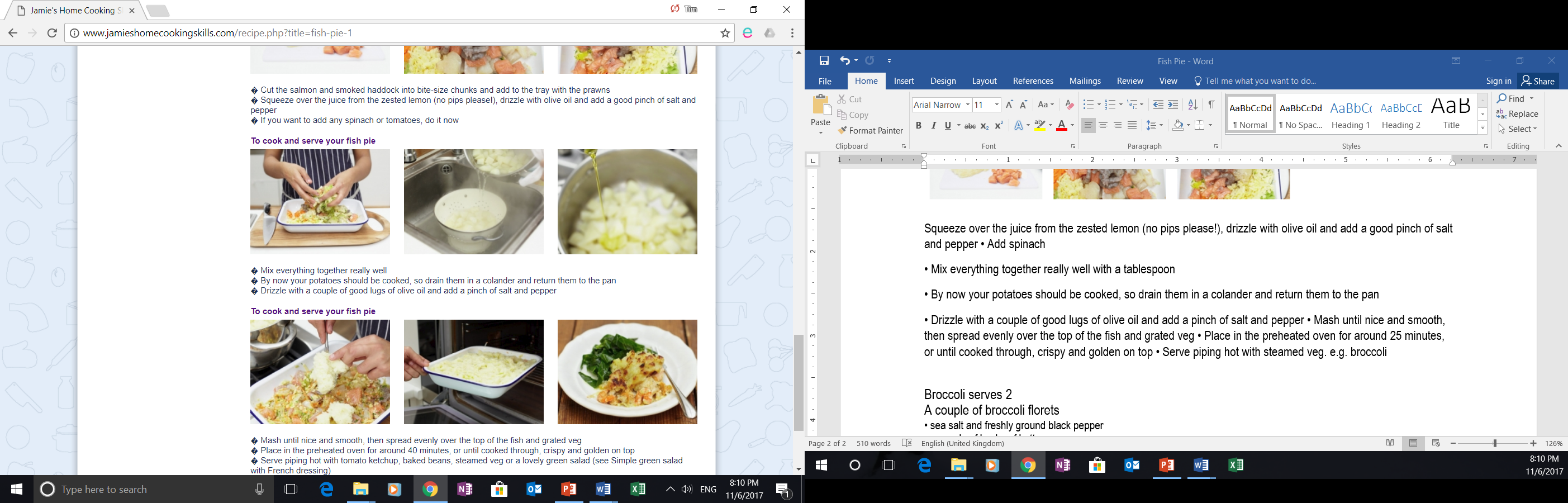
Cut the salmon into bite-size chunks and add to the ovenproof dish with the prawns



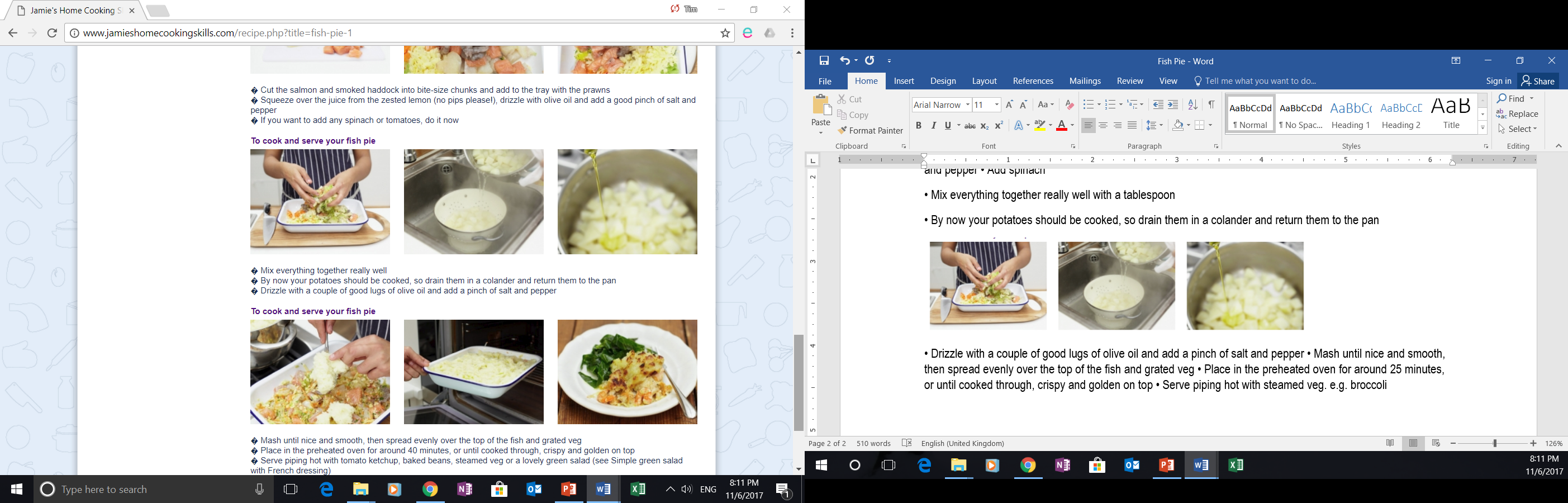
Squeeze over the juice from the zested lemon (no pips please!), drizzle with olive oil and add a good pinch of salt and pepper • Add spinach and parsley.

• Mix everything together really well with a tablespoon

• By now your potatoes should be cooked, so drain them in a colander and return them to the pan



• Drizzle with a couple of good lugs of olive oil or add a little butter and add a pinch of salt and pepper • Mash until nice and smooth, then spread evenly over the top of the fish and grated veg • At home: Place in the preheated oven for around 25 minutes, or until cooked through, crispy and golden on top • Serve piping hot with steamed veg. e.g. broccoli



Broccoli serves 2

A couple of broccoli florets

• sea salt and freshly ground black pepper

To prepare, cook and serve your broccoli

Trim the florets off your broccoli, trying to keep them a fairly even size • Chop the tough end off of the stalk and discard, then halve lengthways and finely slice the rest of the stalk • Put a large pan of salted water on to boil

Once boiling, add the florets and sliced stalk and cook for 3 to 4 minutes, or until tender – you should be able to poke the tip of a knife into the florets easily • Drain in a colander, then tip back into the hot pan, off the heat • Sprinkle with a pinch of salt and pepper • Tip into a serving dish or on the sides of your plates and serve

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Photo