



The Welcome Centre

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Fishy Mash Pie

Preparation time 10 minutes - Cooking time 20 minutes

Ingredients

- 1 x tin of fish
 - 1 x tin potatoes (or packet of instant mashed potato)
 - 1 x tin of peas or sweetcorn
 - 1 x teaspoon of margarine and a splash of milk
 - ½ x cup of breadcrumbs (see below)
 - ½ x cup of cheese (crumbled or grated) if available.
- (Fresh boiled potatoes could be used instead)**

Method

- 1) Prepare the mashed potato as per instructions on the packet or drain and mash tinned potatoes with a fork.
- 2) Mix in the milk and margarine to make a creamy mash.
- 3) Drain the tin of fish, peas or a sweetcorn and mix into the mash.
- 4) Put the mixture into an ovenproof dish.
- 5) Grill some bread and then crumble up to create breadcrumbs
- 6) Put the breadcrumbs and grated cheese on top of the mixture.
- 7) Place in a hot oven 220 C (425 F) gas mark 7 for 20 minutes.