

# Fish Pie



Fish Pie (serves 2)

## Recipe

200g of white fish such as cod (fresh or previously frozen) or a mixture of white fish, salmon, prawns etc

One small onion

1 tin of Campbell's condensed soup (mushroom, chicken or vegetable)

2 slices of white or wholemeal bread

1 packet of crisps

50g grated Cheddar cheese

## Casserole dish to bake it in

### Equipment

White tray

Chopping board

Vegetable knife

Table spoon

Can opener

Washing up bowl

Dish cloth & tea towel

## Method

- 1) LIGHT THE OVEN GAS 6 OR 180 °C
- 2) Take any skin off the fish
- 3) Put the fish into in the casserole dish
- 4) Finely chop the onion and add to the dish
- 5) Pour the tin of soup over
- 6) Use a blender to grate the bread into crumbs
- 7) Crush the crisps
- 8) Mix the cheese with the crisps and breadcrumbs.
- 9) Use this mixture as a topping for the fish.
- 10) Bake in the oven for 20 mins.
- 11) Wash up by scrubbing all the equipment in hot, soapy water.

### Food Facts

Oily fish such as salmon, tuna, trout and mackerel are high in protein and omega 3 fatty acids which a good for every cell in our bodies

### Dietary Information

Swap the bread for gluten free bread

Swap the cheese for vegan cheese (or don't add any)