

# FISH PIE

## Ingredients

1 packet of instant mashed potato (or regular mash)  
1 small can cooked salmon  
1 handful frozen prawns, defrosted and drained (optional)  
1 handful of fresh or frozen peas  
1 onion, chopped  
1 heaped tablespoon flour  
½ can cooked carrots, drained  
OR 1 fresh carrot, chopped and cooked in boiling water until soft  
1 tablespoon butter  
½ pint milk  
¼ pint water  
1 bay leaf  
1 teaspoon dried parsley or chives, if available  
Salt and pepper

## Method

Set oven to 180°C / 350°F

Place the butter in a saucepan. Cook onion cook on a medium heat for 3 minutes, stirring occasionally. Reduce the heat to low and leave it there.

Sprinkle the flour into the butter and onion and stir. This will make a roux for a white sauce.

Add the milk in 4 equal batches, stirring continuously with a wooden spoon. This will make a white sauce. Don't worry about lumps, as they will cook out in the end.

Add the water and stir well. Then add the bay leaf, salt, and pepper and simmer for 3 or 4 minutes.

Add the prawns, carrots, peas, and herbs and stir well.

Open the can of salmon and drain off any liquid through a sieve or colander. Pay attention to this part, as you don't want a runny pie mix from too much liquid. Add the salmon to the white sauce and mix carefully so it does not break up too much. Take off the heat and leave to stand.

Make up the instant mashed potato using the package directions.

Place the fish mixture into an ovenproof dish. Top with the mashed potato and smooth the top with a fork.

Cook in a 180°C / 350°F oven about 30 minutes, until golden brown.