



## ***FISH & VEG PIE RECIPE***

### **INGREDIENTS**

Depending on the group of people your feeding, all amounts will vary, I've designed this not to be measurement specific so be creative and enjoy, mix and match to your taste in veg

- **Tuna Steak, Prawns, Salmon**  
(Any Preferred Fish you wish to add)
- **Broccoli, Peas, Leeks, Red Pepper**
- **X 2 Garlic Cloves (Minced/Crushed)**
- **Italian Mixed Herbs, Parsley, Pinch of Salt (Not too much) x2 veg stock cubes**
- **Potatoes (Mashed with milk & Butter)**
- **Cheese Sause Mix (Dried to sprinkle over) Butter and Milk**
- **X 2 small Glasses of white wine**
- **Sliced Potato & Thin sliced Onion (Potato Grattan)**

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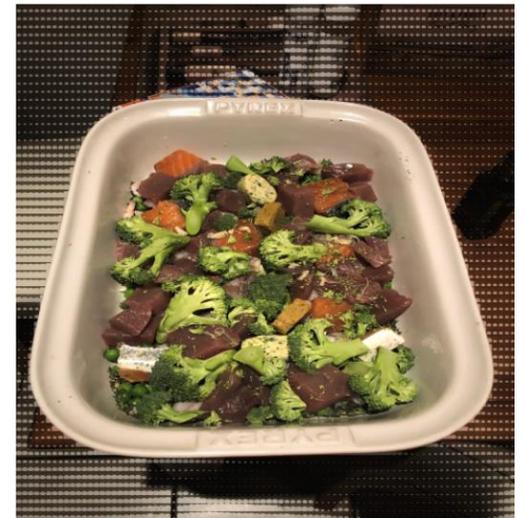
We provide solutions to every day problem, through education, training and confidence building

### **Contact Us**

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Fulfilling the Aspirations of  
Ordinary People, through  
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*Faithful in Adversity*



Select your favourite Veg to go in the dish

## What you need to make it!

### What you'll need:

- Oven proof dish,
- Spatula,
- Sharp knife,
- Your ingredients,
- Cheese Grater,
- large spoon for mixing and stirring
- Oven & Oven Gloves

**Most of our recipes come from what's in the fridge and cupboard as we try to reduce the costs for you**

We used a Potato Grattan mis from Muscle foods which was left over from the Christmas Hamper we bought, but you can simply boil some whole spuds for about 10 mins the slice them up as it works just as well, use more mash to place over the top of the fish and veg

As you can see, it's a flexible dish.

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## *Your Hands & Surfaces are clean – Let's start Cooking*

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**Sprinkle Italian Herbs lightly across the bottom of the Oven Dish, add your Peas and Prawns, then cut up the fish into bit size chunks and place into the Dish.**

Here you can be creative and add, finely cut fresh Chives or dried Parsley, Next add chopped Broccoli and Red Peppers (Sliced thinly and chopped into small chunks) Thinly Chopped Leeks or again if you don't like leeks use Onions or spring Onions, insufficient amounts to match the size of your oven dish



***Eat with extra vegetables or on its own***

Don't forget 2 Vegetable stock cubes, there's plenty of juices in the veg and liquid from the wine which you can add now, put your finely chopped garlic on top mix the contents carefully sprinkle the cheese sauce mix over the top, stir and then place in the oven on a medium heat

**Boil enough potatoes to make the mashed potatoes (Nice & Creamy)**

It normally takes about 30- 40mins for the spuds and you can now take out the Oven dish and layer the top with mashed potatoes and then grate the cheese and sprinkle on top, covering the Mashed potatoes. Replace in the oven for 45 mins or until golden brown.

I've used mixed cheese previously of crumbled blue cheese and grated cheddar, but it all depends on your tastes – Its ready to eat - enjoy