



The fish content of a homemade pie is much higher than Iceland's (only 14% pollock) and is likely to be of a better quality.

PLOT

TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE HAVE A COURSE FOR YOU.

WEEK SIX

JACK MUNROE'S READY MEAL CHALLENGE FISH PIE

Makes 4 portions

INGREDIENTS

600g potatoes, diced, 26p
6tbsp milk powder and 400ml water, 15p (or 400ml milk)
50g butter, 24p
2 tbsp flour, 6p
1 onion, diced 11p
1 chicken or vegetable stock cube, 2p
Handful of parsley, finely chopped, 20p
6 fillets (approx 320g) white fish, diced, £2.43

INSTRUCTIONS

Boil a saucepan of water then simmer the potatoes until very tender. Combine the milk powder and water until dissolved. Drain and mash the potatoes with a little of the milk and butter.

- In another saucepan, melt the remaining butter over a low heat and stir in the flour to make a paste. Thin with the milk, a bit at a time until the sauce is smooth.
- Add the onion, parsley and stock cube. Simmer gently for 10 minutes.
- Add the fish and continue to simmer for five minutes.
- Spoon the fish and sauce into your dishes, and top with the mash, spread to the edges and fluff up with a fork.
- Cook in the oven at 180C for 15 minutes or cool completely, freeze and oven cook at 200C for 30 minutes.

Jack Munroe costed this recipe at 84p when the Iceland equivalent is £1.



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This recipe uses up all those half eaten jars of pesto and dressings from the fridge and cupboards. As with all these recipes they can be played with, altered and refined depending on the ingredients you have at hand. Serve with a green salad or green beans and new potatoes or chips.

WEEK SIX

GRILLED FISH WITH HERBY TOMATO SALSA

Serves 6

INGREDIENTS

6 fish fillets, such as salmon, cod, haddock, ling, trout or mackerel
Olive oil for brushing For the Herby Tomato Salsa
1 tablespoon leftover pesto or herby dressings
100g cherry tomatoes, halved and quartered
2 tablespoon herbs such as basil, parsley or dill
1 clove garlic, peeled and crushed
1 tablespoon capers, rinsed and drained
3 tablespoon cheese
grated cheese

INSTRUCTIONS

Pre-heat the grill. Brush a baking tray with oil and arrange the frozen fish fillets over the top. Drizzle with oil and season. Cook for 6 minutes on one side, then carefully flip them over.

Meanwhile pull out any opened jars such as pesto or herby dressings. Spoon into a bowl and mix in the chopped cherry tomatoes, chopped fresh herb, crushed garlic and capers.

Scatter the salsa over the fish fillets and sprinkle with grated cheese, return to the grill and continue to cook for a further 6 minutes until the fish is cooked through and topping is bubbling.

