

Low Fat Fish Bake

Serves 4

Ingredients: -

450g/1lb - haddock or other white fish, skinned and boned

425ml/3/4oz - skimmed milk

1 - bay leaf

1 - onion, peeled and chopped

25g/1oz - olive oil or butter

25g/1oz - plain flour

2 x 15ml/2 tbsp - chopped parsley

50g/2oz - mushrooms, sliced

2 - sticks celery, finely sliced

Topping: -

450g/1lb - potatoes, peeled, diced and boiled for 2/3 minutes

50g/2oz - Edam or low fat Cheddar type cheese, grated

2 x 15ml/2 tbsp - wholemeal breadcrumbs

Method: -

Poach fish in milk with bay leaf and onion for 8/10 minutes.

Strain milk into saucepan, add margarine and flour and bring to the boil whisking continuously

and cook for 2/3 minutes.



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Add the flaked fish, parsley, mushrooms, celery and mix carefully together.

Place in ovenproof dish.

Pile the potato on top of the fish mixture and sprinkle with cheese and breadcrumbs.

Place in heated oven 190°C/375°F/gas mark 5 for 15/20 minutes, until golden