

IDDSI Level 4 / 5 / 6

Dinner

Recipe source: adapted from BBC Good Food

Time to make: 1.5 hours

Servings: 4

Cheesy Fish Pie

Dietitian's Top Tips:

Buying a pack of mixed frozen fish would be a cheaper option compared to fresh fish with the same nutritional benefits.

Ingredients:

500g floury potatoes, peeled and cut into chunks

1 medium swede, peeled and cut into chunks

200g tub of soft cheese with garlic and herbs

150ml vegetable stock

1 tbsp cornflour mixed well with 3 tbsp water

650g skinless and boneless fish (either salmon, cod and/or haddock. Frozen is fine)

3 tbsp double cream

A splash of milk

Instructions:

- Preheat the oven to 190C/gas 5 / fan 170c (skip this for Level 4).
- Boil the potatoes and swede until tender (about 20 mins).
- Meanwhile, cook the fish as per packet instructions.
- Mix the stock and soft cheese together in a pan until smooth, on a very low heat. Add the blended cornflour and stir/whisk until smooth. Cook until the sauce thickens.
- Chop/mash the cooked fish into sizes compliant with the required IDDSI level. If requiring level 4, blitz with the sauce in the next stage.
- Add fish to the sauce, then tip the sauce into a baking dish.
- Mash your potatoes and swede until smooth (blitz if Level 4 cannot be achieved with mashing). Stir in cream and a dash of milk.
- Top potato and swede mixture onto fish sauce. Bake until slightly browned (for Level 5 and 6).

