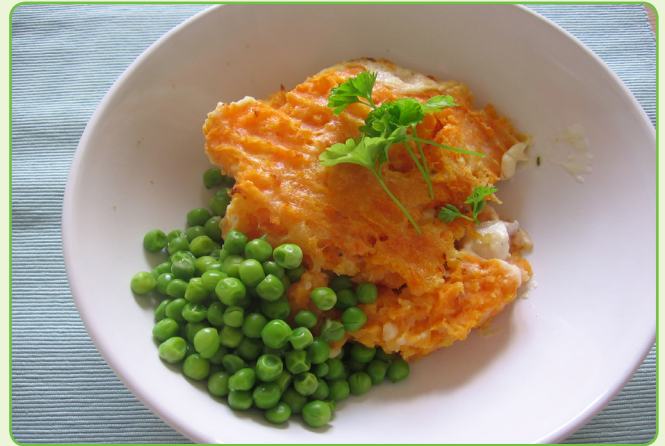




EASY PEASY TUNA FISH PIE

This fishy dish uses tinned tuna which contains healthy omega-3 fatty acids. You could use any root vegetable in place of the sweet potato (but remember it will take longer to cook). You can also replace the peas with any green veg or try swapping tuna fish for white fish or salmon.

For a delicious vegetarian alternative try replacing the fish with butter beans or cannellini beans.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use a jug to measure liquids; chop using the bridge/claw safely; use a vegetable peeler safely; use a box grater safely; mash; whisk; use a colander; use the hob (with adult supervision); season to taste.

Equipment: Vegetable peeler, saucepans, spoons, measuring jug, whisk, fork, bowl, tin opener, colander, wooden spoon, oven proof dish, masher, box grater, steamer.

Allergens*: Celery | Milk | Fish | Gluten (stock)

Ingredients (serves 2):

- 2 medium old potatoes, peeled and chopped
- 2 medium sweet potato, peeled and chopped
- 1 small can of tuna, in spring water, drained
- 1/2 small can of sweetcorn, canned in water, drained
- 2 tbsp low fat soft cheese, with garlic and herbs
- 75 ml vegetable stock, low salt
- 1/2 tbsp cornflour, blended with 1 tbsp water
- 15g cheddar cheese, mature
- 150g frozen peas
- Black pepper, to taste

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

Method

1. Preheat the oven to 190C / fan 170C / gas mark 5.
2. Peel the potatoes and sweet potatoes and cut into chunks (-3x3cm). Place in boiling water and boil for about 10 minutes until the vegetables are tender.
3. While the potatoes cook, put the soft cheese and stock into another saucepan and heat gently. Stir with a whisk, until blended and smooth. Now add the blended cornflour and cook until thick.
4. Open the tin of tuna and drain into a colander. Use a fork to break the tuna into chunks and add to the sauce. Stir in with the sweetcorn kernels. Season with some pepper. Tip the mixture into an oven dish
5. Drain the potatoes using a colander, keeping back a small amount of cooking water in the pan. Tip the drained potatoes back into the pan, season with pepper and mash well.
6. Spoon the mash over the top of the fish in sauce, and use a fork to spread it across the whole baking dish.
7. Grate the cheese finely and sprinkle over the pie.
8. Bake for around 30 minutes until piping hot throughout and golden brown on top.
9. Ten minutes before the fish pie is ready, put the peas (or other green vegetables) in a steamer. Add boiling water and steam the veg for a few minutes until tender and piping hot.
10. Use a serving spoon to lift portions onto plates, and add a spoonful of green veg on the side. Easy peasy!



EASY PEASY TUNA FISH PIE Nutrition Information



- The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:
- Eat at least 5 portions of a variety of fruit and vegetables every day
 - Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
 - Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
 - Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
 - Choose unsaturated oils and spreads and eat in small amounts
 - Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 450g serving

ENERGY	2033kJ / 482kcal	24%
FAT	8.0g	11%
SATURATES	4.0g	20%
SUGARS	24.5g	27%
SALT	1.5g	26%

% of an adult's reference intake
Typical values per 100g : Energy 449kJ / 106kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about easy peasy tuna fish pie ...

Tuna is an excellent source of protein, as well as a range of vitamins and minerals. Fish is lower in saturated fats than meats so is a really healthy source of protein in our diets.



Potatoes are a nutritious and filling starchy food; low in fat and a source of vitamin C and fibre.



Soft cheese is an excellent source of protein and calcium. Choose reduced fat varieties where possible.