



Fish Pie

4 Portions

Ingredients

120g salmon
100ml milk (reserve 15ml for mixing with cornflour)
1 large potato (approx 300g), cooked
2 heaped tablespoons peas, cooked
¼ leek, chopped, cooked
25g Cheese, Grated
1½ tsp cornflour

Method

1. Peel potato and cut into finger sized pieces and steam cook in a colander over boiling water for around 20 minutes or until you can squidge between thumb and finger.
2. Reserve some finger pieces to serve as a finger food and mash the remaining potato.
3. Wrap salmon in foil and bake for 15 minutes.
4. Remove from foil and remove skin (if skin on) and flake into finger sized pieces ensuring you check for bones. Reserve some pieces to serve as a finger food option.
5. Place the milk into a pan, reserving around 15ml to mix with the cornflour and bring to a simmer.
6. Mix the cornflour with the milk and add to thicken, continue cooking for 2-3 minutes.
7. Add the grated cheese and continue cooking until melted. Set aside.
8. To prepare the leek, trim the ends and cut leek in 4 pieces. Take one of the pieces and cut in half lengthways.
9. Wash the leek to remove any dirt, then chop into small dice.
10. Place leek in a colander over boiling water for 10 mins until leek can be squidged between thumb and finger and cool.
11. Steam cook the peas until tender, for around 10 mins. (These can be cooked along with the leeks)
12. Place mashed potato, peas, leek, cheese sauce and salmon in a bowl and mash together to achieve the required texture for your baby.
13. Serve with some finger pieces of potato and salmon.