



# TUNA PIE



## INGREDIENTS

**SERVES 5**

- 3 x 200g can of tuna, drained
- 600g mashed potatoes
- 1 large can sweetcorn, drained
- 200g frozen peas
- 350ml milk
- 3 tbsp plain flour
- 50g of butter
  - 30g for the sauce and 20 g for the mash
- 70g cheddar, grated

## ALLERGENS

Fish, cereals (gluten), milk

## EQUIPMENT

2 saucepans, oven proof dish, potato masher or similar, knife, wooden spoon, can opener

## STEP 1

- Preheat the oven to 180°C, 160°C fan, gas mark 5.
- Wash and scrub the potatoes, peel if necessary and cut into bite size pieces.
- Fill a large saucepan with water, put the potatoes in and boil for 20 minutes until tender



## STEP 2

- Whilst the potatoes are boiling drain the tuna from the can and flake it into the oven proof dish so it forms a uniform layer.
- Drain the sweetcorn and add to the tuna. Add the peas too!



## STEP 3

- Make the white sauce by melting 30g butter in a pan.
- Stir in 3 tablespoons of flour.



## STEP 4

- When it starts to bubble gradually add the milk, then stir constantly for a few minutes until thickened.
- Season with salt and pepper.



## STEP 5

- Once the sauce has thickened, spoon it over the tuna and sweetcorn mixture and mix it all together.



## STEP 6

- Drain the potatoes using a colander, put back in the pan, add the remaining butter, a splash of milk and mash them using a masher or the back of a large spoon.
- Season with salt and pepper.



## STEP 7

- Spoon the mash onto the top of the tuna, sauce & sweetcorn, level off the pattern with a fork.
- Add 75g grated cheese evenly across the top of the mash.
- Place in the oven and cook for 30 minutes or until topping is golden.



## STEP 8

- Remove from the oven, serve and enjoy your Tuna Pie!

Did you know, we now have a facebook group? Look us up and post your creations!

