

FISH PIE

Ingredients* (serves 1)

- 1 x frozen cod with parsley sauce in a bag (defrosted)
- 200g cooked mashed potato
- 1 bottle Fortisip Compact, neutral flavour
- 2g (1 tsp) mixed herbs
- Salt and pepper

Method

1. Place the fish with parsley sauce in an oven proof pie dish
2. Mix the mashed potato with the bottle of Fortisip Compact
3. Leave the potato to stand for 10 minutes and the potato will thicken
4. Season the potato and stir in the mixed herbs
5. Place the potato on top of the fish and place in the oven for 25minutes until the potato is golden brown**

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.

**Cooking Fortisip Compact may reduce the vitamin and minerals content of the product. If you have any concerns please speak to your healthcare professional.

596kcal

36.3g
protein

per serving



Serving suggestion