

Fish Potato Cheese Mornay

ingredients

24 Green Gourmet Uncoated Hoki Fish Steaks, 57g

10 large potatoes

1½ pints white sauce

2-4 tsp dried parsley

4 tsp lemon juice

240g mild cheddar cheese

½ tsp salt

½ tsp pepper



cooking instructions

- ❖ Boil the potatoes and mash well.
- ❖ Make up the white sauce and add the parsley and lemon juice. Salt and pepper to season.
- ❖ Pour the parsley sauce into the tin and layer the frozen hoki fillets on top.
- ❖ Stir the grated cheese into the mashed potatoes. Salt and pepper to season.
- ❖ Fork the potato and cheese mixture on top of the fish layer.
- ❖ Place in the oven, uncovered, and cook for a further 30-35 minutes.
- ❖ Remove from the oven when the topping has turned a golden brown and the sauce is lightly bubbling.

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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Hoki Fillet Steaks, 57g	912	g	3.96	3.61
potatoes	1600	g	0.26	0.42
white sauce	740	g	0.71	0.53
dried parsley	1	g	31.82	0.03
lemon juice	16	g	1.92	0.03
cheddar cheese	240	g	2.80	0.67
salt	1.5	g	0.37	0.001
pepper	1.5	g	10.00	0.02
Total	3512	g		5.31
Cooked portion size	132	g		
Number of portions	24			
Cost per portion	22	p		

Nutritional Profile

M fat

M saturates

L sugars

L salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	120.0	kcal
fat	4.9	g
saturated fatty acids	2.7	g
carbohydrates	10.8	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	0.7	g
protein	8.7	g
iron	0.4	mg
calcium	90.6	mg
vitamin A (retinol equivalents)	46.3	µg
folate	25.5	µg
vitamin C	6.2	mg
sodium	120.0	mg
zinc	0.7	mg



Additional Nutritional Information

This recipe is rich in calcium, folate and vitamin C. It also contains vitamin A and zinc.

Allergen information:

This recipe is not suitable for people with a lactose intolerance as it contains milk in the sauce and the cheese. Fish can also be an allergen. Please check labels of ingredients for other potential allergens.

Serving suggestions:

Serve with peas, sweetcorn and green beans. Peas provide fibre and iron, sweetcorn is a rich source of zinc and green beans provide vitamin A. Iron and zinc are both involved in energy production, helping a child to stay alert throughout the day.