

COMPLETE MEAL

Fishing the Blarney Stone

Whitefish Bake served with colcannon, carrots and peas

Ingredients

600g	10 x 60g MSC Whitefish Bake (GG code 7167)
1180g (10 medium)	potatoes, boiled and mashed
500g (1 small)	white cabbage, boiled and chopped finely
25ml	oil
400g	frozen peas
500g (4 large)	carrots

Method

1. Place the frozen **MSC Whitefish Bake** on an oiled baking tray and bake for 20-30 minutes at Gas 6/200 °C/400 °F (less for convection ovens).
2. Boil the potatoes and mash.
3. Cook the cabbage in enough boiling water to cover until soft.
4. To make the colcannon, mix the potatoes and cabbage together, brush with oil and place in hot oven to brown for approx 25 minutes.
5. Boil the carrots in enough boiling water to cover or, alternatively, steam. Cook until soft. Drain.
6. Cook frozen peas according to manufacturer's instructions. Drain and serve the **MSC Whitefish Bake** with colcannon and vegetables

Serving instructions

You could use any slightly imperfect green vegetables for the colcannon. A great way of disguising sprouts for instance.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
99.7	2.3	0.3	15.2	0.2	2.4
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.0	3.0	2.3	29.3	302.8	14.1
Folate (µg)	Sodium (mg)	makes 10 x 249g portions			
35.4	69.0				

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