

*a fresh approach*

### Fish Finger Pie

Serves: 10  
Preparation time approx. 20-30 minutes

**Ingredients:**

- 30 Birds Eye Foodservice Fish Fingers
- 2 cans of baked beans 800g
- Mashed potatoes 1.2kg
- Grated cheese 150g

**To prepare:**

1. Pre heat oven to 200°C/gas mark 6
2. Prepare your mashed potato; while doing this grill fish fingers on both sides until golden, as per pack instructions
3. When fish fingers are ready lay them in a medium to large oven dish and cover with the baked beans.
4. Place the mashed potato on top of the beans and spread out giving an even covering.
5. Sprinkle grated cheese on top
6. Place in the oven for 10 to 20 minutes or until the cheese is golden and bubbling.
7. Serve with Salad or seasonal vegetables



Nutrition Information calculated per 100g		
Energy	127	kcal
Carbohydrate	15.1	g
NME sugar	1.5	g
Fat	4.0	g
Saturated Fat	1.3	g
Protein	7.6	g
Fibre	1.7	g
Sodium	215	mg
Vitamin A	25	ug
Vitamin C	2	mg
Folate	20	ug
Calcium	55	mg
Iron	0.5	mg
Zinc	0.4	mg

[Print](#) | [PDF](#)