

Fish Pie



INGREDIENTS

**350G FISH PIE MIX,
225ML MILK**

**125G PUFF PASTRY
40G ONION**

**30G PLAIN FLOUR
(PLUS AN EXTRA**

**DUSTING OF FLOUR
FOR ROLLING PASTRY)**

PARSLEY

10ML DOUBLE CREAM

15ML BEATEN EGG

Method

- 1. Preheat the oven to 200C/180C Fan/Gas 6.**
- 2. Fry onions in a pan until softened. Once cooked add milk and the fish mix to the pan. Add the cream and parsley to taste.**
- 3. Transfer the contents of the pan to a baking dish once the sauce is warm and thickened.**
- 4. Roll out the puff pastry to just a little bigger than your dish along with any shapes you want to decorate the pie.**
- 5. Wet the edges of the pie dish with a little water and cover the pie dish with pastry and roughly crimp the edges with a fork.**
- 6. Brush with beaten egg and pierce the centre to allow steam to escape.**
- 7. Bake for 15-20 minutes or until the pastry has puffed up and turned golden brown.**

Vegetable Soup



INGREDIENTS

**HALF A PEELED
BUTTERNUT SQUASH,
CUT INTO CUBES**

**2 MEDIUM CARROTS,
PEELED AND CHOPPED**

**4 PARSNIPS, PEELED
AND CHOPPED**

4 TBSP MIXED HERBS

**1 CUBE VEGETABLE
STOCK**

Method

- 1. Preheat the oven to 200C/180C Fan/Gas 6.**
- 2. Tip the prepared squash, carrots and parsnips into a large roasting tin and spread out to form a single layer.**
- 3. Roast in the oven for 40–45 minutes, or until tender and browning. Season with half the herbs (leave the remaining to serve)**
- 4. Make up the stock and add it to a large saucepan followed by the roasted veggies. Pour in the stock and bring to the boil, then stir in the roasted vegetables and add salt and pepper.**
- 5. Remove the saucepan from the heat and, blend the mixture until smooth. Return to the heat to warm through and serve hot over a slice of bread.**

Lemon Loaf



INGREDIENTS

175G SOFTENED
BUTTER, PLUS EXTRA
FOR GREASING
100ML YOGURT
75G LEMON CURD
3 EGGS
ZEST AND JUICE 1
LEMON
200G SELF-RAISING
FLOUR
175G CASTER SUGAR
85G OF BLUEBERRIES

Method

1. Heat oven to 160C/140C fan/gas 3. Grease a loaf tin and line with baking parchment.
2. Put the yoghurt, lemon curd, softened butter, eggs, lemon zest, flour and caster sugar into a large mixing bowl. Mix with an electric whisk until the batter just comes together.
3. Scrape half into the prepared tin. Stir in extra lemon curd or a handful full of blueberries before topping with the remaining batter.
4. Bake for 1 hr 10 mins-1 hr 15 mins until golden, and a skewer poked into the centre comes out clean. Allow the cake to cool in the tin. Once cooled remove and slice.