



FISHY PASTA BAKE

Serves 4

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INGREDIENTS

- 400g fish fillets/pieces
- 300-360g macaroni
- 1 tin peas (drained)
- 1/2 a leek
- 2 tbsp butter
- 3 tbsp plain flour
- 500ml milk
- 50g bread crumbs
- 100g cheddar
- Salt and pepper
- Oil

METHOD

1. Set your oven to 100°C and chop the leek.
2. Set the pasta on to cook – drain and set aside when done.
3. Put the fish in an oven dish with a little oil over and under it so that it won't stick. Put in the oven for 15 mins. When it's done, set aside and set the oven to 200°C.
4. In a saucepan, melt the butter. Remove from the heat, add the flour and mix until smooth. Add a small amount of the milk and return the pan to a medium heat. Stir while adding the rest of the milk gradually. Turn down the heat if necessary (it shouldn't bubble). Stir until it starts to thicken, remove from the heat and add a little salt and pepper.
5. Break the fish into pieces with a knife and fork in the oven dish. Add the pasta, leek and peas to the dish and mix together. You can add a little seasoning. Pour the white sauce over and mix together again. Sprinkle the bread crumbs on top and grate the cheese over.
6. Put in the oven until golden, and serve.