

Creamy Fish and Pasta Bake

Serves 10

Ingredients	
350g boneless, skinless white fish e.g. Tilapia, river cobbler, haddock or cod	100g frozen sweet corn
500ml chicken stock made from kallo low salt chicken stock cube	45g corn flour
100g broccoli florets	450g pasta bows or fusilli
175g grated cheddar cheese	

- METHOD:
 - Cut the fish into bite size pieces
 - Poach in the fish for 7-8 minutes. Keep the stock to make the sauce
 - Steam the broccoli florets until tender, but still firm.
 - Make a paste with the corn flour and a little of the milk.
 - Add the corn flour paste to the fish stock, stir while heating until the sauce thickens.
 - Stir in half of the grated cheese.
 - Cook the pasta according to the instructions, drain and place in an oven proof dish
 - Add the fish, sweet corn and the broccoli to the sauce, pour over the pasta.
 - Sprinkle the remaining cheese over the pasta and place the dish in a hot oven or under a pre heated grill until golden and bubbling.
 - Serve immediately.
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- ✓ COOK'S TIP: SERVE A PREVIOUSLY PREPARED AND FROZEN PUREE FOR WEANING BABIES
 - ✓ FOR WHEAT FREE DIETS, REPLACE PASTA WITH RICE.
 - ✓ FOR DAIRY FREE DIETS, REPLACE CHEESE WITH SOYA CHEESE.
 - ✓ FOR VEGETARIAN DIETS, EXCLUDE FISH, REPLACE WITH QUORN PIECES AND USE VEGETABLE STOCK AND VEGETARIAN CHEESE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
281	19	6	40	0	0.6	1.2	94