



WHITE FISH & SPRING ONION GRATIN

INGREDIENTS

- 2kg cod fillets, poached & flaked
- 4 bunches spring onions, finely sliced
- 4 tbsp oil
- 1.3 litre milk
- 120g butter
- 120g flour
- 150g grated cheddar
- 150g breadcrumbs
- Black pepper

DIRECTIONS

- 01** Put the milk, margarine and flour into a non-stick saucepan. Heat, stirring constantly with a small whisk until the sauce boils and thickens. Remove from the heat. Stir in half the cheese
- 02** Sauté the spring onions in the oil until softened. Add the cooked cod flakes and mix gently. Mix this mixture with the white sauce and place into an oven proof dish
- 03** Scatter the breadcrumbs and remaining cheese over the top. Grill for 3-4 minutes, until browned and bubbling

SERVINGS

- Serves 16-18