

# Fish Crumble

2 Tablespoons Oil, 2 Tablespoon Plain Flour, 350ml Milk, 4 Tablespoon Grated Cheese,  
1 Teaspoon Mustard, Tin Mackerel, Tin Tuna, Tin Peas, Tin Carrots, 2 Slices Bread

(Serves 2-4)



mix oil and flour in pan,  
add milk, stir until smooth



add cheese and mustard  
when sauce is smooth



add tinned fish and  
vegetables and stir



grate bread to make  
breadcrumbs



add fish and veg to dish,  
top with breadcrumbs



bake at 180° for 15mins  
until golden on top