

## WHAT YOU NEED

- 2 tablespoons of oil
- 2 tablespoons plain flour
- 350ml milk
- 4 tablespoons of grated cheese
- 1 teaspoon of mustard
- tin of mackerel
- tin of tuna
- tin of peas
- tin of carrots
- 2 slices of bread

# How to Make Fish Crumble

Serves 2 - 3

1



Over a medium heat, mix oil and flour in a pan. Gradually add milk and stir continuously, until sauce starts to bubble.

2



Keep stirring until sauce is smooth, then add grated cheese and mustard.

3



Add tinned fish and vegetables and stir.

4



Grate bread to make breadcrumbs.

5



Add fish and vegetables to dish, top with breadcrumbs.

6



Bake at 180°C for around 20 minutes or until the crumble is golden brown on top and the filling is piping hot.