

## Ingredients:

340g Pollock Fillets Skinless Boneless

60g Large Spanish Onions

50g Carrots

300ml Whole Milk

1.6g Dried Parsley

0.6g Ground Black pepper

80g Peas

20g Sweetcorn

6g Cornflour

440g Fresh Veg Potato

200g Broccoli

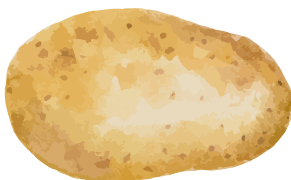


Can you help find the items on the shopping list?

Peas



Potatoes



Broccoli



Pollock – Fish

