



THE J.M. SMUCKER Co

Baked Fish Dinner

Prep Time Cook Time Serves Difficulty

20 mins 35 mins 4 N/A

Ingredients

- 1 can (354 mL) **Carnation®** Fat Free Evaporated Skim Milk
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- 3/4 cup (175 mL) chicken broth
- 2 tbsp (30 mL) all purpose flour
- 1/2 tsp (2 mL) each; dried thyme leaves and salt
- 1/4 tsp (1 mL) pepper
- 1 medium onion, halved lengthwise and thinly sliced
- 3 medium potatoes, thinly sliced (3 cups / 750 mL)
- 3 medium carrots, thinly sliced (1 cup / 250 mL)
- 1 lb (450 g) fresh haddock, cod, salmon or white fish (cut into 4 fillets, if necessary)
- 1/2 cup (125 mL) cheddar cheese, shredded
- **Garnish:**
- fresh parsley or thyme, chopped (optional)

Directions

Step 1:

Preheat oven to 375°F (190°C). Grease a 13" x 9" (3.5 L) casserole dish.

Step 2:

In a large, heavy, nonstick saucepan, whisk together evaporated milk, chicken broth, flour, thyme, salt and pepper over medium heat. Cook and stir until mixture comes to a boil and thickens. Stir in onion, potatoes and carrots; simmer over low heat, stirring often, for 15 minutes.

Step 3:

Pour potato mixture into prepared dish, arranging evenly. Place fish fillets in single layer on top. Cover with foil. Bake for 15 minutes. Remove foil, sprinkle fish with cheese. Continue baking for 5 minutes or until fish and potatoes are tender.

Step 4:

Garnish: Sprinkle with herbs, and enjoy.

Images

