

EASY, FAST AND DELICIOUS FISH PIE



Serving: 2 - 4

Cooking Time: 1 hour

Prep Time: 15 minutes

INGREDIENTS

- **Ingredients for the mashed potatoes:**

- 500g potatoes, cut into chunks, boiled and mashed
- 30ml (2 tbsp) butter
- 125ml (½ cup) maas
- Salt and freshly ground black pepper, to taste
- **Ingredients for the filling:**
- 500ml (2 cups) low fat milk
- 250g smoked haddock
- 200g hake fillet
- 1 onion, halved
- 1 bay leaf
- 4 cloves
- 30ml (2 tbsp) butter
- 15ml (1 tbsp) olive oil
- 1 small onion, chopped
- 3 leeks, chopped
- 45ml (3 tbsp) cake flour
- 80g peas
- 30ml (2 tbsp) fresh parsley, chopped
- Zest of 1 lemon

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Put the mash in a large bowl and add the butter, maas and season well. Set aside and keep warm.

3. For the filling, heat the milk in a large pot and add the haddock and hake together with the onion, bay leaf and cloves. Bring the milk to the boil, reduce and simmer gently for (+/- 5 minutes).
4. Heat the butter with the olive oil in a small frying pan and sauté the onion and leeks until softened (+/- 4 minutes).
5. Remove the fish and set aside until it is slightly cooled. Toss the leek mixture through the flour and fry continuously stirring. Gradually spoon in the milk from the poaching fish and stir in well each time. Add all the milk and cook stirring until the sauce has thickened. Season well. Break the fish into chunks add the peas and stir to combine.
6. Place an ovenproof pie dish onto a baking tray and spoon the fish mixture into the bottom of the dish, sprinkle with the parsley and lemon zest. Carefully top with the mash and use a fork to spread the mash over the pie to create rough texture on top. Dot with butter and bake until golden for (+/- 30 minutes).