

## OUR RECIPE

FISHY  
RECIPE

# Fish Pie

Serves 5

## INGREDIENTS

For the topping

750g potatoes

25g butter/margarine

For the filling

750ml milk

400g white fish

300g smoked fish

100g cooked peeled prawns

3 hard boiled eggs, quartered

1/2 onion, quartered

70g plain flour

70g butter

Pinch of nutmeg

Pinch of salt and pepper



If you don't like mashed potato, why not cover with white sauce and sprinkle oats and cheese on the top.

Use your favourite fish or seafood and remember you don't have to add the eggs! But if you, remember you can not then freeze the fish pie.

## METHOD

1. Boil the potatoes until soft, drain and mash with the butter and seasoning, then leave to set.
2. Cut the fish into small cubes. Bring the milk just to a simmer in a pan and then add the fish and onion. Cover the pan and cook for 8 minutes.
3. Remove the fish from the liquid and leave on a plate. Then strain the milk into a jug.
4. In another pan, melt the butter and then stir in the flour and cook for 1 min over a medium heat.
5. Remove from the heat and pour in the milk a little at a time to make a smooth white sauce.
6. Return to the heat, bring to the boil and simmer for 5 mins. You must remember to keep stirring.
7. Take off the heat and add remaining seasoning including the nutmeg and your herbs.
8. Pre heat the oven to 200C or 180C for fan ovens.
9. Add the fish, the prawns and the hard boiled eggs to an ovenproof dish. Pour your white sauce over the top of the other ingredients until they are covered. Add your mash potato over the top of your sauce and fish mix. Make sure the mash goes all the way to the edges.
10. Bake in the oven for 30 minutes until golden until the top is golden.

Serving suggestion - serve with lots of green vegetables