

# Fantastic fish pie

Makes 4 servings



## Ingredients (allergens in bold)

- 250g potatoes – peeled, diced & cooked
- 2 eggs
- 250 -300g sustainable fish (e.g. **MSC salmon, undyed smoked haddock, pollack**) – skinned and cut into strips
- 1 carrot – grated
- 1 medium-sized leek – chopped & cooked until soft
- 1 large handful flat leaf parsley – finely snipped
- Juice of ½ lemon
- black pepper
- 200ml reduced fat **crème fraîche**
- 1 teaspoon English **mustard**
- 100g **Cheddar cheese** – grated
- 2-4 sheets of Filo pastry
- 25ml rapeseed oil

## Method

1. Place the cubed potatoes in a saucepan and boil for 15 minutes or until soft. Boil the eggs in the small saucepan for 8 minutes. Cool, peel and slice them.
2. Place the fish, carrot, cooked potato & leek, parsley and lemon juice in a mixing bowl. Season with pepper.
3. Mix crème fraîche and mustard in a jug. Stir in the grated cheese, pour over the fish mixture and gently mix together.
4. Heat the oven to 200°C/Gas 6.
5. Place the fish mixture in an ovenproof dish. Add the sliced eggs.
6. Place the oiled and crunched Filo pastry on top of the fish. Bake for 25 – 30 minutes until the potato is golden-brown.



## Equipment

- large saucepan
- small saucepan
- chopping board
- vegetable peeler
- sharp knife
- mixing bowl
- grater
- measuring jug
- fork
- colander
- pastry brush
- wooden spoon
- ovenproof dish

## Recipe notes and tips

- Serve with seasonal vegetables like broccoli, asparagus or green beans.
- Why not add the cooked diced potato into the fish pie mix and use two/three sheets of scrunched fillo pastry brushed with rapeseed oil for a crunchy alternative topping.