

Creamy Fish Pie

Cooking and baking time: 40 min

Serves: 6 - 8



INGREDIENTS

- 2 tbsp olive oil
- 750 g hake or haddock fillets, cut into large chunks, for this recipe we used haddock
- 3 tbsp fish spice
- 500 ml (2 cups) fresh cream
- 250 ml (1 cup) full-cream milk
- 1 small onion, finely diced
- 6 cups potatoes, peeled and diced
- 150 g butter
- $\frac{2}{3}$ cup flour
- 1 tbsp wholegrain mustard
- 1 cup frozen peas
- 2 cups baby Spinach



METHOD

1. Preheat your oven to 200°C.
2. In a saucepan heat the olive oil and add the onion once the oil is hot.
3. Sauté the onion till they are cooked and translucent.
4. Add the the fish fillets to the onions and continue to sauté for a few minutes
5. Season with the fish spice and stir well.
6. Once the fish is cooked, set it aside.
7. Place a large frying pan over a medium heat add half of the butter (75 g) then melt the butter in the pan.
8. Add the flour to the melted butter then whisk until a smooth paste forms.
9. While stirring, slowly add the cream and cook for 2 - 3 minutes or until the sauce has thickened.
10. Add the mustard, peas and baby spinach to the sauce and stir well.

11. Remove from the heat and allow the creamy fish to cool down for 10 - 15minutes.

Mashed Potatoes

1. Boil the diced potatoes in salted water until tender, then mash with 75 g of butter and 1 cup milk.

Assembling the fish pie

1. Transfer the cooled creamy fish to a baking dish.
2. Top the fish with the mashed potatoes and spread out evenly.
3. Place in the oven and bake for 20 - 25 minutes or until golden in colour and the edges are bubbling.



Nutrition Facts

Serving size: 320 g

Energy (kJ)	2001
Protein (g)	27.9
Total Carbohydrates (g)	26
Fat (g)	28.2
Fibre (g)	5.5
Calcium (mg)	97



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