

FISH PIE



MINUTES TO PREPARE
10



MINUTES TO COOK
50



SERVES
4-6



INGREDIENTS

1.25kg potatoes, peeled and chopped into chunks

800g fish pie mix

1 onion, peeled and finely diced

2 carrots, peeled and finely diced

1 celery stalk, finely diced

2 cloves of garlic, peeled and finely diced

1 tablespoon rapeseed oil

30g butter

60g cheddar cheese, grated

300ml milk

200ml water

1 heaped teaspoon vegetable bouillon

2 tablespoons cornflour mixed with a splash of cold milk to make a paste

150g frozen peas

1 large handful of leaf parsley, finely chopped

Salt and pepper for seasoning

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the peeled potatoes in a large pan filled with water and bring to the boil. Cook the potatoes until soft. Drain and mash with the butter and 30g of the grated cheese. Season well with salt and pepper and place to the side to cool.
- 3 Meanwhile, make the sauce. Heat the rapeseed oil in a large oven proof dish and sauté the onions, carrots and celery over a medium heat for 10 minutes until translucent. Add the garlic and sauté for a further 3 minutes.
- 4 Add the milk, water and vegetable bouillon, stir and bring to the boil. Add the cornflour paste and whisk in while the sauce is boiling to create a thick paste. Continue to whisk well for 2 minutes. Take the sauce off the heat and stir in the frozen peas, the remaining grated cheddar and the parsley. Season well.
- 5 Stir in the fish and place the mashed potato on top. Smooth down with the back of a fork.
- 6 Cook for 35 minutes or until the potato has gone golden. Serve with broccoli and wedges of lemon.

"Fish pie is an excellent meal to prepare in advance. It's best to keep it all separate and assemble it when you are ready to cook, as this will keep the fish fresh and succulent. The potatoes, sauce and fish can be kept separate for up to 2 days"