

Fish Pie



Serves: 4

Time: 60 min

Instructions

1:

Preheat oven to 160°. Peel and chop the potatoes and boil for 15 minutes until tender.

2:

Mash the cooked potato with 2 tbsp butter, 1 tbsp milk, the mustard and salt and pepper to taste.

3:

Add the fish to your oven dish with the milk, and gently poach for 10 minutes in the oven. Then separate the fish and milk, se the fish to one side.

4:

Put the flour and butter in a saucepan and heat gently until it forms a paste. Add the milk to the saucepan and bring to the boil, then simmer until it thickens.

5:

Put the fish back into the dish, and add the king prawns and smoked salmon, then pour over the white sauce. Add the mashed potato, ensuring the fish is fully covered. Add the grated cheese on top, then bake for 25 minutes, then serve.

Notes

Can be made free from lactose and dairy by using dairy-free butter, milk and cheese.

Ingredients

4

Potatoes

2 tbsp

Butter

1 tbsp

Milk

2 tsp

Mustard (optional)

Handful

Grated cheese

400g

Fish, e.g. haddock, cod or salmon

8

King prawns, raw

50g

Smoked salmon

250ml

Milk

25g

Gluten free flour

25g

Butter