

Potato-topped fish pies

- **Nut-free**
- **Peanut-free**
- **Sesame-free**
- **Soy-free**
- **No added sugar**
- **3 serve Veg or Fruit**

This barramundi pie recipe might sound involved, but all you need is five ingredients and 30 minutes to whip it up.

- Serves 4
- Cooktime 25 mins 25 minutes
- Preptime 5 mins

Ingredients

- 425g tub carbonara sauce
- 750g Coles Thawed Barramundi Fillets (from the deli), cut into 3cm pieces
- 3/4 cup (90g) frozen peas
- 1/4 cup chopped dill
- 2 x 350g tubs Coles Kitchen Crème Royale Mashed Potato

Nutritional information

Per serve: Energy: 2328kJ/557 Cals (27%), Protein: 44g (88%), Fat: 29g (41%), Sat Fat: 14g (58%), Sodium: 1080mg (54%), Carb: 29g (9%), Sugar: 5g (6%), Dietary Fibre: 2g (7%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 220°C. Heat the sauce in a frying pan over medium-high heat. Stir in the barramundi and peas. Simmer for 5 mins or until barramundi is almost cooked through. Stir in 2 tbs dill.

2. Step 2

Meanwhile, heat the mashed potato following packet directions.

3. Step 3

Divide barramundi mixture among four 1 3/4-cup (435ml) ovenproof dishes. Top with potato. Spray with olive oil spray. Place on a baking tray. Bake for 20 mins or until golden and bubbling. Sprinkle with remaining dill to serve.