



# Fish Pie Recipe

Fish pie is the ultimate comfort food, creamy sauce packed with fresh fish, topped with fluffy potatoes.

Serves: 4

Prepare: 20 Minutes

Cook: 40 Minutes

Difficulty: easy

## Ingredients

- 400g [fish of your choice](#) such as:
  - [smoked haddock fillets](#)
  - [salmon fillets](#)
  - [hake fillets](#)
- or you can use our prepared [luxury fish pie mix](#)
- 600g potatoes
- 400ml organic milk
- 25g organic butter
- 25g spelt flour
- 1 onion, diced
- 1 tsp wholegrain mustard
- handful of peas
- 1 garlic clove, crushed
- 200g cheddar cheese, grated
- handful of chives
- 25g parmesan, grated
- 100ml organic cream
- salt and pepper to season

## Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Peel and halve the potatoes, cover them in a saucepan with water, bring to the boil and simmer until tender. When the potatoes are soft, drain thoroughly and mash until smooth. Add the cream, butter and grated parmesan and whip the potato until it's light and fluffy. Season to taste.
2. Chop the onion and garlic and then gently fry in a wide pan with a splash of olive oil, adding a little salt to keep it from sticking.
3. Pour the milk over the onion and garlic, bring to just below boiling then turn down the heat and add the chunks of fish. Simmer for a further 5 minutes until the chunks of fish are lightly poached then carefully stir in the flour to thicken the sauce.
4. Add the peas, chives and mustard to the pan, stir through then remove from the heat and set aside.
5. Transfer the fish filling to an ovenproof dish, allow to cool and then cover it with the creamy mashed potato. Sprinkle over the grated cheddar and bake for about 40 minutes, until the potato topping is golden and the filling is bubbling.
6. Serve immediately with torn crusty sourdough bread
7. Freezing and defrosting instructions: Wrap the assembled fish pie but uncooked dish in cling film and freeze for up to 3 months. Defrost thoroughly in the fridge overnight, then cook as above.