

Fish Pie



Ingredients

- Frozen peas 2 cups
- Frozen uncooked prawns halved, tails off 1 cup
- Onion 1 cup finely diced
- Garlic 3 cloves, crushed
- Smoked fish fillets 1 can drained and flaked
- Mashed Potatoes enough for to cover your baking dish
- White sauce 3 cups
- Eggs 3, hard boiled, sliced

For white sauce

- Butter 3 Tbs
- Flours 6 Tbs

- Salt $\frac{1}{2}$ tsp
- pepper to taste
- dijon mustard 1 tsp
- Milk 2 $\frac{1}{2}$ Cups (plus $\frac{1}{2}$ cup of liquid from smoked fish) Total 3 cups
- parmesan cheese finely grated $\frac{1}{2}$ cup

Preparation

1. Pre heat oven to 160°C
2. Make mashed potatoes. butter, cream, salt. Whip till light and fluffy with stiff peaks.
3. Make white sauce. Add parmesan once thickened.
4. saute onions and garlic until soft.
5. In bowl, combine peas, sauted onion and garlic, prawns, smoked fish fillets and white sauce. Fold together.
6. Put mixture in baking dish.
7. layer with sliced egg.
8. Season.
9. Cover with mashed potatoes. (make it look cool) Grate a little parmesan on top.
10. Bake for 45mins.
11. Grill for 5min to brown the top.
12. Cool and serve.



Serves 4-6

Revision #2
Created 1 April 2020 10:02:53 by Chester Whitwell
Updated 3 April 2020 09:21:01 by Chester Whitwell