

Fish Pie



Ingredients:

For 10 people-

1kg potatoes - chopped

2 tbsp crème fraiche

1 tbsp Dijon mustard, plus 1 tsp extra for the sauce

500ml full-fat milk

125g butter

75g plain flour

2 fresh bay leaves

Small bunch fresh dill, chopped

600g firm, skinless white fish cut into chunks

175g smoked haddock, skinned and cut into chunks

150g large, raw prawns, peeled

75g mature Cheddar, grated

Method

Boil the potatoes for 12 minutes until tender - drain.

Add the crème fraiche, 1 tbsp mustard, 50ml of the milk and 55g of the butter. Season well and mash until smooth.

Melt half the remaining butter in a medium saucepan over a medium- low heat.

Add the flour, stir until it forms a smooth paste, then cook, stirring constantly, for 2 minutes.

Off the heat, add a little of the milk and beat until smooth, then over a low heat, gradually add the remaining milk, stirring, until smooth.

Add the bay leaves and simmer for 5 minutes, then remove from the heat, season well and stir in 1 tsp mustard and the dill.

Preheat the oven to 200°C. Place the fish and prawns in a 1.5-litre ovenproof dish. Pour over the sauce and mix well.

Spoon over the mashed potato, scatter with grated cheese and dot the surface with the rest of the butter.

Bake the pie for 30-35 minutes or until it is bubbling underneath and golden brown on top.



*Nutritional analysis in relation to GDA**

INGREDIENTS	
Old potatoes (35%), Cod (21%), Channel Island milk (17%), Haddock (6%), Creme fraiche (5%), Prawns (5%), Butter (4%), Wheat flour (3%), Cheese (3%), Mustard (1%), Dill, Bay leaf.	

NUTRITION INFORMATION				
Typical values	Per 100g	Per 360.8g Serving	Adult GDA	% GDA
ENERGY	584 kJ	2107 kJ		
	139 kcal	504 kcal	2000 kcal	25%
PROTEIN	8.6g	30.9g	45g	69%
CARBOHYDRATE	9.2g	33.3g	230g	14%
of which SUGARS	1.2g	4.4g	90g	5%
FAT	7.9g	28.3g	70g	40%
of which SATURATES	4.9g	17.5g	20g	88%
FIBRE	0.6g	2.1g	24g	9%
SODIUM*	0.2g	0.8g	2.4g	32%
*equivalent as SALT	0.5g	1.9g	6g	32%



**GDA: Guideline Daily Amount*



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