

Easy Fish Pie Recipe

This recipe can be adapted according to what you have at home. The recipe below will feed 4-6 so would be perfect for a family meal or if you are cooking for 1 or 2 you can easily reduce the quantities accordingly. Instead of potatoes you can use some ready-rolled pastry to go on top or even a mixture of sweet potatoes, potato and other root vegetables like swede and parsnip mashed together. You can add any frozen vegetables you have – or even canned vegetables – broccoli, cauliflower florets, carrots, green beans – they all work well. The fish can be fresh, or you can use frozen fish pie mix or any other fish you might have, even frozen prawns. Frozen fish fillets like cod, haddock and wild salmon also work well. These are usually much cheaper and as you cook them from frozen, you can add them straight to the pan after you have added in the milk for the sauce. Instead of taking the saucepan off the heat at this point as the recipe suggests, you can keep it on a low to medium heat to poach the frozen fillets until they are cooked through, stirring throughout. If you prefer to leave the fish out entirely – that is also fine. Add a can of lentils or other canned beans instead to increase the protein content or simply make it as a vegetable pie with some cheese if you like.

Ingredients

- 1kg Maris Piper potatoes, peeled and halved
- 400ml milk, plus a splash
- 25g butter, plus a knob
- 25g plain flour
- 4 spring onions, finely sliced – or ½ a diced onion
- 1 x pack fish pie mix (cod, salmon, smoked haddock etc, weight around 320g-400g depending on pack size) - Frozen or fresh
- 1 tsp Dijon or English mustard
- ½ a 25g pack or a small bunch chives, finely snipped (optional)
- handful frozen sweetcorn
- handful frozen petits pois
- handful of any other frozen vegetables
- handful grated cheddar

Method

Heat the oven to 200C/fan 180C /gas mark 6.

Put 1kg potatoes, peeled and halved, in a saucepan and pour over enough water to cover them. Bring to the boil and then simmer until tender. When cooked, drain thoroughly and mash with a splash of milk and a knob of butter. Season with ground black pepper. Put 25g butter, 25g plain flour and 4 finely sliced spring onions in another pan and heat gently until the butter has melted, stirring regularly. Cook for 1-2 mins. Gradually whisk in 400ml milk using a balloon whisk if you have one. Bring to the boil, stirring to avoid any lumps and sticking at the bottom of the pan. Cook for 3 – 4 minutes until thickened.

Take off the heat and stir in 320g-400g mixed fish, 1 tsp Dijon or English mustard, a small bunch of finely snipped chives, handful of sweetcorn and handful of petits pois. (Here you can add any vegetables you have). Spoon into an ovenproof dish.

Spoon the potato on top and sprinkle with a handful of grated cheddar cheese.

Pop in the oven for 20 - 25 mins or until golden and bubbling at the edges. Alternatively, cover and freeze the pie for another time.