



Cook time: 30 mins

Serves: 2

Prep time: 40 mins

Fish & Potato Pie

Ingredients A

- 2 large floury potatoes (400g), boiled until soft, then peeled and mashed roughly
- ½ tsp salt
- Small pinch pepper
- Small pinch paprika
- 30g butter, softened

Ingredients B

- 200g skinless snapper fillets (or any firm white fish), cut into medium-sized chunks and marinated in juice of ½ lemon
- 1 tbsp extra-virgin olive oil
- ¼ wedge yellow onion (30g), chopped finely
- 50g frozen mixed vegetables, rinsed and drained
- ½ tsp sea salt flakes
- ¼ tsp pepper
- 1 tbsp fresh parsley, chopped
- 90g shredded mozzarella cheese

Tips:

- An example of a floury potato is the Russet Burbank.
- For the first mash in Step 1, use a fork to break up the potatoes coarsely as you will be mashing them again in Step 3.
- When marinating the fish, do not leave it soaking in lemon juice for more than 1 hour because the juice will toughen and “cook” the fish.
- Tips to defrost frozen fish: let frozen fish thaw overnight in the lower compartment of the fridge or in a plastic bag submerged in tap water for 30 minutes.

Method

- For (A): Boil potatoes in water until fork tender. Remove skins when it’s cool enough to do so. Mash with salt, pepper, paprika and butter, then set aside.
- For (B): In a skillet, heat oil and add onions. Cook over a low flame until the onions have softened but not browned. Add in the marinated fish chunks. As the fish cooks, flake some of it with your spatula. Add mixed vegetables, salt and pepper to taste.
- Add (B) to (A), sprinkle parsley and mash gently to combine all the ingredients. Taste test and add more salt or pepper, if desired. Transfer to an ovenproof casserole dish and top with shredded mozzarella cheese.
- Bake for about 15 to 20 minutes in a pre-heated oven, at 170°C. The sides should bubble and the cheese should be lightly golden.
- Leave to cool for about 10 minutes and serve with a side dish of salad leaves.

Nutrition Information (Per Serving):

1 serving = 1 serve rice & alternatives;
1 serve meat & alternatives; and ¼ serve vegetables
Energy: 490kcal
Protein: 41g
Fibre: 7g
Iron: 2.3mg
Calcium: 351mg
Folic acid: 57mcg
Vitamin C: 64mg
Vitamin A: 380 IU