

FISH PIE

Fish pie with a twist. The ultimate comfort food without the added carbs, made easier by using leftovers.

NORMAL	4MIN	20MIN	35

Ingredients

- 100g smoked salmon, chopped
- 200g of any leftover fish, flaked - we used roughly 1-2 pieces of fish
- 1 cup frozen prawns, thawed
- 1/2 cup frozen peas
- 3 spring onions, chopped
- 1 cup chicken stock
- 1/2 cup sour cream
- 2 tbsp flour
- 50g butter
- 1 large cauliflower, cut into florets
- 50g butter
- 1/2 cup parmesan cheese, grated + extra for garnish

Instructions

1. Preheat oven top grill to 200°C
2. Place cauliflower in a steamer, and cook for 10-15 minutes or until tender.
3. Process cauliflower in a blender with butter until smooth. Transfer to a bowl and incorporate the cheese through it.
4. In a large saucepan over medium heat, melt butter. Add the spring onions and cook until soft. Stir in flour, cook for 1-2 minutes then slowly whisk in some chicken stock and sour cream. Bring sauce to a simmer, once it has thickened take the pan off the heat. Add the smoked salmon, prawns, peas, and the leftover fish. Season to taste.
5. Transfer mixture to a baking dish, top with the cauliflower mash spreading it evenly. Top with a sprinkle of parmesan cheese.
6. Place in the oven and bake for 10-15 minutes until the tops are golden.