

# Fish Pie

## Ingredients



- 450g white fish, broken into pieces
  - 400ml milk
  - 2 onions, diced
- 2 celery sticks, sliced
- 2 tbsp dried parsley
  - 50g baby spinach
  - 100g frozen peas
- 1 garlic clove, crushed
  - 2 tbsp cornflour
- 2 pinches salt & pepper
  - 1 tbsp butter
- 100ml vegetable stock
- 500g potatoes, diced

## Method

1. Peel the potatoes and put in a pot of cold water.
2. Bring to the boil and then simmer, covered for 20 minutes.
3. Drain and mash.
4. Meanwhile, add the butter to a pan on a medium heat.
5. Add the onion and celery and fry until soft for around 5 minutes. Add the garlic and stir through.
6. Mix the cornflour into a paste with some of the stock and add to the pan.
7. Stir in the rest of the stock.
8. Add the milk. Bring to a boil, whisk until the sauce thickens.
9. Then lower the heat, until it's gently simmering. Add the parsley, salt and pepper and stir thoroughly.
10. Add the fish pieces into the sauce and cook for 5 minutes.
11. If the sauce is too thick you can add a little water to loosen it.
12. Add the spinach and stir through until wilted.
13. Then add the frozen peas and stir through.
14. Pour the mix into a pie dish and top with the mashed potato.
15. Cook in the oven for 20 minutes at 200c.