

Fish Pie & Peas



Ingredients

- 800g potatoes
- 400g fish pie mix
 - 2 eggs
 - 50g butter
 - 25g plain flour
 - 500ml milk
 - 1 bay leaf
- Salt and pepper
- Handful chopped parsley
- 250g frozen peas

Methods

1. Peel, dice and boil the potatoes for around 20 minutes.
2. Once soft, drain and return to the pot.
3. Mash with half the butter and 50 ml of milk until smooth and set aside to cool.
4. Hard-boil the 2 eggs in a small pot of water. Then drain, shell and set aside.
5. Poach the fish in the milk in a large frying pan with the bay leaf for around 10 minutes.
6. Remove the fish with a slotted spoon and place on the kitchen towel to drain.
7. Remove the bay leaf from the milk.
8. Put the remaining butter in a saucepan over a low heat and melt.
9. Add the flour, whisk, and cook for 2 – 3 minutes until straw coloured.
10. Gradually add in the milk you poached the fish in and keep whisking until the sauce thickens. This will take around 5 minutes.
11. Season and add in the parsley.
12. Put the fish into an ovenproof dish and stir the sauce through.
13. Quarter the boiled eggs and put on top of the fish mix.
14. Top with mashed potato and roughen up with a fork.
15. Put in a preheated oven at 180C for around 20 minutes until the potatoes are browned.
16. Cook the peas as per the pack instructions and serve with the fish pie.