

# Fish Pie



## Ingredients

- 500g frozen white fish fillets
  - 3 tbsp cornflour
    - 500ml milk
    - 45g butter
  - 30g plain flour
  - Salt and pepper
- 2 tbsp dried parsley
- 200g frozen peas

## Methods

1. Place the fish fillets in a saucepan, cover over the milk.
2. Bring to the boil and simmer for about 15 minutes.
3. Peel and dice the potatoes and cook in a large pot with salted water until tender. About 15 minutes.
4. Lift the fish out with a slotted spoon when done.
5. Pour the milk into a jug.
6. Put 30g of butter into a saucepan and melt over a gentle heat.
7. Add in the flour and stir, allow the mix to cook out until it has gone a straw like colour.
8. Gradually add in the milk, whisking between each addition.
9. Add the salt, pepper, and parsley.
10. Keep whisking until it comes to a boil.
11. Add in the frozen peas.
12. Reduce heat and simmer, stirring occasionally until the mixture has thickened.
13. Drain the cooked potatoes and mash down with the rest of the butter.
14. Flake the fish fillets into the sauce and then put in the bottom of a pie dish.
15. Top with the mashed potato, score with a fork and cook in the oven for 20 minutes or until the top has crisped up.