

Super cheesy Fish pie



Serves
4 people

Prep Time

Cooking

Total Time

Calories

430 kcal

Stuff that's in it:

- 110G Smoked Haddock Loin (Cubed)
 - 110G Cod Look (Cubed)
 - 125G Small Prawns
- 30G Parmesan Cheese (Grated)
 - 25G Lighter Butter
- 350Ml Skimmed Milk ((Warm))
 - 25G Plain Flour
 - 5G Whole Grain Mustard
- 75G Protein Cheese ((Eat Lean Red))
 - 150G Frozen Petit Peas
- Small Bunch Fresh Parsley ((Chopped))
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 - Mash:
 - 15G Lighter Lurpack
 - Splash Of Skim Milk
 - 15G Mature Lighter Cheddar

What you do:

Pre heat your oven to 190°C Peel and chop your potatoes, place them in boiling water and cook until they are soft (around 25 mins).

In a small sauce pan, add the butter and melt, then add the flour, whisk to a thick paste then add the warm milk bit by bit, gradually whisk and add a little Parmesan at the same time, then add the cheese, continue until all the cheeses have melted and the sauce starts to simmer and thicken.

Add the Dijon mustard, then add the parsley, mix well, then add the peas, stir through and set aside.

Mash your potatoes and add the milk and butter and keep mashing and whisking until smooth and not lumpy.

Let cool slightly.

Add the prawns, cod and haddock chunks to a baking dish, pour over the sauce and coat evenly then I used a piping bag and nozzle because I was feeling fancy, to make swirls with the mash potato but you can just chuck it on any way you like, use a fork to make pretty lines in it or just use the back of a large spoon to fluff up.

Sprinkle with pepper and the lighter cheese and bake for 30 Minutes

Nutrition

- Carbs: 43g
- Fat: 10g
- Protein: 37g

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