

UCOOK

Crushed Potato Fish Pie

with hake, mushrooms & fresh dill


This fish pie contains a tasty filling of spinach, mushrooms, and tender hake. Instead of putting a classic mash on top, we used quick-crushed potatoes! Comfort food, yes. Boring, absolutely not!

Hands-on Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Adventurous Foodie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

200g	Baby Potatoes <i>cut into bite-sized chunks</i>
1	Onion <i>¼ peeled & roughly diced</i>
100g	Leeks <i>trimmed at the base, rinsed & thinly sliced</i>
30ml	Cake Flour
100ml	Low Fat Fresh Milk
3g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
125g	Mushrooms <i>roughly chopped</i>
1	Line-caught Hake Fillet <i>pat dry & cut into bite-sized chunks</i>
20g	Spinach <i>rinsed</i>
50g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. BOILING AWAY Preheat the oven to 200°C. Place the baby potato chunks in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 10-15 minutes until cooked through and soft. Remove from the heat and drain. Use a fork to break up the potatoes into rough, chunky pieces. Cover to keep warm.

2. BUTTERY BECHÉMAL Place a pan over a medium heat with 10g of butter. When hot, add the diced onion and the sliced leek and fry for 3-4 minutes until soft, shifting occasionally. Add the flour and cook out for 1-2 minutes, shifting constantly. Remove from the heat and gradually pour in the milk. Mix until fully combined. Add water in 50ml increments until loosened and a saucy consistency.

3. FINISH THE FILLING Once the sauce is fully combined and loosened, gently simmer for 2-3 minutes until thickened, stirring constantly. If the sauce is too thick for your liking, loosen with an extra splash of water. Reduce the heat to low and add ½ the chopped dill, the lemon zest, and seasoning. Add the chopped mushrooms, the hake chunks, and the rinsed spinach. Gently simmer for 2-3 minutes until the hake is cooked through, stirring occasionally. On completion, add the peas.

4. TOP & BAKE Pour the fish mixture into an ovenproof dish. Evenly spread over the potato pieces. Pop in the hot oven and bake for 15-20 minutes until bubbling and golden.

5. TIME TO EAT! Dish up a hearty helping of the fish pie. Garnish with the remaining dill. Serve with a lemon wedge. There you have it, Chef!



Chef's Tip

If you would like to remove the hake's skin, lightly sprinkle boiling water onto the skin to 'firm' it up. This will make the process of peeling it off much easier.

Nutritional Information

Per 100g

Energy	291kJ
Energy	69kcal
Protein	4.4g
Carbs	10g
of which sugars	2.7g
Fibre	1.6g
Fat	0.7g
of which saturated	0.2g
Sodium	38mg

Allergens

Gluten, Dairy, Allium, Wheat, Fish

Cook
within 1
Day