



UCOOK

Fantastic Fish Pie

with leeks & carrots

Oh my, it's time for some fish pie, Chef! A decadent coconut cream & dijon mustard sauce coats leeks, carrots, peas & hake, which is topped with potato mash and baked in the oven until golden. Sprinkle with fresh parsley, garnish with a slice of lemon, and indulge in your so-fish-ticated homemade fish pie.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

 Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
100g	Leeks <i>trim at the base, cut in half lengthways, rinse thoroughly & finely slice</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
100ml	Coconut Cream
10ml	Dijon Mustard
1	Lemon <i>rinse & cut into wedges</i>
20g	Spinach <i>rinse</i>
50g	Peas
1	Line-caught Hake Fillet
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Butter
Milk (optional)
Paper Towel

1. SMASH THE MASH Preheat the oven to 220°C. Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. FOR THE FILLING Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced leeks and the carrot pieces until starting to brown, 4-5 minutes (shifting occasionally). Add the coconut cream, cover with a lid, and simmer until the cream is slightly reduced, 2-3 minutes. In the final 30 seconds, add the mustard, a squeeze of lemon juice, the rinsed spinach, the peas, and a knob of butter. Remove from the heat.

3. INTO THE OVEN Pat the fish dry with paper towel and cut into bite-sized pieces. Place the fried leek & carrot mix, the fish pieces, and ½ the chopped parsley into an oven-proof dish. Top with the mashed potato and bake until golden brown, 20-25 minutes.

4. PERFECT PIE Plate up the fish pie. Garnish with the remaining parsley and serve with any remaining lemon on the side.

Nutritional Information

Per 100g

Energy	350kj
Energy	84kcal
Protein	4g
Carbs	10g
of which sugars	2.4g
Fibre	2.1g
Fat	3.3g
of which saturated	2.3g
Sodium	46mg

Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day