



UCOOK

Terrific Trout Fish Pie

with smooth mash & a fresh salad

Smoked trout fishcakes, peas and parsley are mixed together to create the most delectable fish pie! Topped with silky potato mash and crispy panko crumbs. Served alongside a fresh tomato salad. What more could you want?

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Adventurous Foodie

 Fat Bastard | Rosé

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Ingredients & Prep

250g	Potato Chunks <i>cut into bite-sized pieces</i>
100ml	Fresh Milk
50ml	Panko Breadcrumbs
10ml	Vegetable Stock
30ml	Cake Flour
5ml	Dijon Mustard
3g	Fresh Parsley <i>rinsed & finely chopped</i>
2	Smoked Trout Fishcakes <i>cut into bite-sized chunks</i>
50g	Peas
80g	Baby Tomato Medley <i>halved</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. THE MASH UP Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium-high heat with the potato pieces. Submerge in salted water and cover with a lid. Once boiling, cook for 10-12 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of the milk or water and a knob of butter. Season to taste.

2. TOASTY CRUMBS Place a pot over a medium-high heat with a drizzle of oil or a knob of butter. When hot, add the breadcrumbs and fry for 2-3 minutes until browned, shifting occasionally. Remove from the pan and season to taste.

3. NO DOUBT IN THIS TROUT Dilute the stock with 100ml of boiling water. Return the pot to a medium-high heat with 1 tbsp of butter. Once melted, whisk in the flour. This is your roux! Once the flour is fully incorporated, slowly whisk in the remaining milk and the diluted stock. Continue whisking until the mixture has thickened. If the bechamel is too thick for your liking, add an extra splash of milk or water. Stir through the dijon mustard, ½ the chopped parsley, the fish cake chunks, and the peas. Season to taste.

4. I HAVE FILLINGS FOR YOU... Transfer the fish filling to a small ovenproof dish. Top with the potato mash, and sprinkle over the browned breadcrumbs. Bake in the hot oven for 15-20 minutes until the pie is heated through.

5. SIMPLE SALAD Just before serving, combine the halved baby tomatoes, the salad leaves, a drizzle of oil, and seasoning.

6. IN FISH PIE WE CRUST! Dish up a hearty helping of the silky fish pie. Serve the tomato and green leaf salad on the side. Scatter over the remaining parsley. Well done, Chef!



Chef's Tip

You can repeat this recipe using any white fish if you're feeling up for an adventure!

Nutritional Information

Per 100g

Energy	621kJ
Energy	148Kcal
Protein	5g
Carbs	21g
of which sugars	2.1g
Fibre	2.4g
Fat	5g
of which saturated	1.6g
Sodium	252mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish

Cook
within 2
Days