



# UCOOK

## Crushed Potato Hake Fish Pie

with 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 sprinkled with Italian-style hard cheese for that perfectly crisp and cheesy finish! Comfort food, yes. Boring, absolutely not!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Jeannette Joynt

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 Adventurous Foodie

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 Leopard's Leap | Unwooded Chardonnay

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## Ingredients & Prep

600g	Baby Potatoes <i>cut into bite-sized chunks</i>
1	Onion <i>¾ peeled &amp; roughly diced</i>
300g	Leeks <i>trimmed at the base, rinsed &amp; thinly sliced</i>
85ml	Cake Flour
300ml	Low Fat Fresh Milk
8g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
2	Lemons <i>1½ zested &amp; cut into wedges</i>
375g	Button Mushrooms <i>quartered</i>
3	Line-caught Hake Fillets <i>pat dry &amp; cut into bite-sized chunks</i>
60g	Spinach <i>rinsed</i>
150g	Peas
60ml	Grated Italian-style Hard Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
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 15-20 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. BECHÉMAL** Place a pan over a medium heat with 30g of butter. When hot, add the diced onion and the sliced leek and fry for 6-8 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 3-4 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 quartered 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 and sprinkle over the grated cheese. Pop in the hot oven and bake for 20-25 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	313kJ
Energy	75kcal
Protein	5.1g
Carbs	10g
of which sugars	2.5g
Fibre	1.5g
Fat	1.1g
of which saturated	0.4g
Sodium	48mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Fish

Cook  
within 1  
Day