



FISH PIE

Ingredients

- 2 eggs
- 300ml semi-skimmed milk
- 200g/8oz smoked cod or haddock
- 250g/10oz white fish fillets
- 50g/2oz butter
- 250g/10oz leeks, thinly sliced and washed
- 1 tablespoon flour
- Small bunch of flat-leaf parsley, chopped
- 1kg/2lb potatoes, boiled and mashed
- Teaspoon dried rosemary to add to mashed potato
- Black pepper for seasoning

Cook's tip: Why not add some diced chicken to make a non-veggie version? Don't forget to add the extra points.

Method

- 1** Heat the oven to 220°C / Fan 200°C / Gas Mark 7.
- 2** Boil the eggs in water for 7 minutes. Drain, run under cold water for a few minutes and then peel and quarter them.
- 3** Pour the milk into a wide pan and lay the fish fillets in it, skin side up. Heat gently for 3-4 minutes until the fish is just cooked through. Lift out the fish, remove the skin and bones and strain the milk into a jug.
- 4** Melt half the butter in a pan and add the leeks. Cook them until they are soft, add the flour and cook for one minute. Gradually stir in the strained milk. Stirring continuously, continue to cook for 5 minutes until the sauce thickens. Stir in the parsley and gently fold in the eggs and the fish (try not to break them up too much). Season with black pepper.
- 5** Spoon the fish mixture into a pie dish, and top with the rosemary flavoured mashed potato. Dot with the rest of the butter and cook for 30 minutes until golden brown.
- 6** Serve with vegetables.