

# STAR RECIPE: FISH PIE

## (Serves 8)

This recipe is from the Week 1 Menu and allergens are noted in red:  
Celery, Milk, Fish, Gluten

### Ingredients

1 large onion	2 medium carrots
1 stick of celery	2 cloves of garlic
50g butter	50g plain flour
300ml milk	100g salmon
100g pollock	2 bay leaves
1 sprig of thyme	½ bunch of parsley
2tsp ground nutmeg	6 large potatoes

### Method

#### For the sauce

Mix the salmon and pollock and cook it in a milk on a low heat or gentle simmer until the fish is flaking apart. Add the rosemary, bay leaves and thyme. Remove the cooked fish from the milk and put it to one side. Leave milk on a simmer.

In a pan melt the butter and add the chopped onions, celery, garlic and carrots. Sautée everything until soft. Add the plain flour, stir and cook for 2-3 mins until everything is combined. Pour in the milk a third at a time and whisk constantly to avoid lumps.

Add the mixed fish, ground nutmeg and chopped parsley to the white sauce. Season to taste.

#### For the mash

Boil the potatoes until soft, then drain and leave to dry out for 5 mins. Add butter, milk and mash and stir until smooth.

#### To Assemble

Fill a pie dish ¾ way with the fish and add the mash on top. Bake at 200 degrees for 20 minutes or until golden brown.

Serve with hot or cold with vegetables and enjoy 😊