

FISH PIE
RECIPE

FISH PIE



COOK TIME 30 mins
PREP TIME 15 mins
SERVES 4 x

FISH PIE

INGREDIENTS

- 4 cups (600 g) chopped Potatoes
- 2 Tbsp MasterFoods™ Garlic Powder
- 8 Tbsp Olive Oil
- 2 Tsp Salt
- 2 Tsp Pepper
- 4 cups (540 g) White Fish
- 1 cup (130 g) chopped Carrots
- 1 cup (180 g) chopped Capsicum
- 1½ Tbsp MasterFoods™ Mixed Herbs
- 1½ Tbsp MasterFoods™ Onion Salt
- 1½ Tbsp MasterFoods™ Oregano
- 1½ Tbsp MasterFoods™ All-Purpose Seasoning
- 1 cup (250 ml, 8 fl oz.) Fish Stock
- 1 cup (250 ml, 8 fl oz.) Cream
- ½ cup (110 g) Breadcrumbs
- 1 cup (100 g) Grated Cheese
- 8 Tsp Cold Butter

METHOD

1. Boil the Potatoes till soft and strain. Mash with MasterFoods™ Garlic Powder, 1-Tbsp Olive Oil, Salt and Pepper.
2. Slice the Fish and pan fry in another Tbsp of Olive Oil, with the Carrots, and Capsicum. Add the MasterFoods™ Mixed Herbs, Onion Salt, Oregano and All-Purpose Seasoning. Flood with the Stock and Cream. Add the Breadcrumbs and grated Cheese.
3. Pour into a baking dish and cover with the mash. Dot butter over the top and bake in an oven set to 180C for 20 Minutes. Serve with a crunchy Garden Salad.