

Quick & Easy Fish Pie



Preparation time: 75 mins

Serves: 8 people

User Rating: ★★★★★

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Categories: Lunch Recipes



Ingredients

- 750g baby new potatoes, quartered
- 6 eggs
- 400g skinless salmon fillet, cut into 3cm pieces
- 400g skinless white fish fillet (such as ling, snapper or basa), cut into 3cm pieces
- 250g tub light sour cream
- 3/4 cup milk
- 1 tsp Dijon mustard
- 1 cup frozen peas, thawed

- 2 green onions, finely sliced
- 1 tbsp chopped dill, plus extra to garnish
- 6 sheets filo pastry
- 60g butter, melted
- Mixed greens, to serve
- Lemon wedges, to serve

Method

1. Preheat oven to 200°C/180°C fan forced. Place a 10-cup capacity shallow baking dish (about 35cm x 28cm) on an oven tray to catch any spills.
2. Place potatoes in a large saucepan and cover with cold water. Bring to the boil. Add the eggs and simmer for 6 minutes. Use a slotted spoon to transfer eggs to a bowl of iced water. Continue cooking potatoes for 3-4 minutes, until tender. Drain well and roughly mash. Meanwhile, peel eggs and cut into quarters
3. In a large bowl whisk sour cream, milk and mustard together. Add potato, salmon, fish, peas, green onion and dill. Season and mix well. Spoon into dish. Tuck in egg quarters.
4. For the topping, brush pastry sheets with butter then cut into 4 strips lengthways. Scrunch each strip into a loose ball and arrange on top of pie.
5. Bake pie for 25-30 minutes, until topping turns golden brown and filling bubbles up around the edges. Scatter with extra dill. Serve with mixed greens and lemon wedges.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
382g	1970kJ 471kcal	35.1g	23.1g	11.5g	26.9g	5.8g	306mg	7.4g

All nutrition values are per serve.