

Delicious Seafood Pie

Serves: 1

Prep time: 20 Minutes

Cooking time: 40-45 Minutes

Ingredients:

- 2 medium potatoes, peeled
- 1 egg, boiled
- 1 cup fresh spinach
- ½ small brown onion, chopped
- ½ carrot, finely chopped
- 1 tablespoon cream
- small knob butter
- 1 teaspoon extra virgin olive oil
- 100ml thickened cream
- 1 cup grated cheddar cheese
- juice of ½ lemon
- ½ teaspoon dijon or english mustard
- ½ cup flat leaf parsley
- 100g seafood marinara
- 100g fish fillet, white or smoked cod, cut into pieces

Garnish with chopped chives and little extra grated cheese ***optional**

Method:

Preheat oven 180°

- Chop the potato into chunks and cook in boiling salted water for 8 minutes, till 'fork tender'. Mash the potatoes with the knob of butter and the 1 tablespoon of cream, add a little more if needed
- You can cook the egg at the same time if you like, drain, peel and cut into quarters
- Steam the spinach over the potatoes till wilts and softens, drain, squeeze out excess liquid and roughly chop
- In a separate frypan, heat oil over medium to high heat, add onions and carrots and cook for 3-5 minutes, till onions soften. Add cream and bring back to boil, remove from heat and add cheese, mustard, parsley and lemon juice. Stir well to combine.
- In a small ovenproof dish, arrange the seafood, spinach and egg to cover the base and then drizzle the creamy sauce over the top
- Cover the top with mashed potato, garnish with chopped chives and then add a little more ***grated cheese** if you required
- Bake in 180° oven for 25-30 minutes, until golden brown and cook through



This recipe was adapted from the "Fantastic Fish Pie" by Jamie Oliver