

## Baked Smoked Cod with Mashed Potato and Peas

Serves: 1  
Prep time: 5 Minutes  
Cooking time: 20-25 Minutes

### Ingredients:

- 1 potato, cut into cubes
- ¼ cup peas, fresh or frozen
- 1 slice smoked cod
- 2 teaspoons butter
- ½ tablespoon cream or milk
- ¼ cup grated cheese

### Sauce

- 1 egg
- 50ml milk
- 50ml cream
- ¼ cup grated cheese, extra
- 1 green shallot, sliced
- ½ teaspoon Dijon mustard
- 2 tablespoons chopped parsley

### Method:

#### Preheat oven 180°C

- Line a small baking dish with baking paper
- Cover the potatoes with boiling water and cook for 10-12 minutes, until fork tender, drain and mash with butter and cream/milk. Place into the lined baking tray
- Cover the peas with boiling water, leave for 2-3 minutes, drain. Add to top of the mashed potato
- Place fish in a medium frying pan and cover with boiling water. Heat to medium-low and cook fish 5-6 minutes, drain and flake fish

#### Sauce

- Combine the sauce ingredients in a small saucepan, stir over medium heat until it thickens slightly
- Add flaked fish and pour over the potato and peas, top with grated cheese
- Bake in preheated oven for 10 minutes or until golden brown



*Quick -Tasty and so-so Easy*