



# Fish & Potato Pie

Serves 2

Estimated Preparation Time: 40 minutes Estimated Cooking Time: 30 minutes

\*\*Excellent source of Protein and Vitamin C

(A)

2 large floury potatoes (400g), boiled till soft, then peeled and mashed roughly  
1/2 teaspoon salt  
Small pinch pepper  
Small pinch paprika  
30g butter, softened

(B)

200g skinless snapper fillets (or any firm white fish), cut into medium-sized chunks and marinated in juice of 1/2 lemon  
1 tablespoon extra-virgin olive oil  
1/4 wedge yellow onion (30g), chopped finely  
150g frozen mixed vegetables, rinsed and drained  
1/2 teaspoon sea salt flakes  
1/4 teaspoon pepper

1 tablespoon fresh parsley, chopped

90g shredded mozzarella

1. For (A): Boil potatoes in water till fork tender. Remove skins when it is cool enough to do so. Mash with salt, pepper, paprika and butter, then set aside.

2. For (B): In a skillet, heat oil and add onions. Cook over a low flame until the onions have softened but not browned. Add in the marinated fish chunks. As the fish cooks, flake some of it with your spatula. Add mixed vegetables, salt and pepper to taste.

3. Add (B) to (A), sprinkle parsley and mash gently to combine all the ingredients. Taste test and add more salt or pepper, if desired. Transfer to an ovenproof casserole dish and top with shredded mozzarella.

4. Bake for about 15 to 20 minutes in a pre-heated oven, at 170°C. The sides should bubble and the cheese should be lightly golden.

5. Leave to cool for about 10 minutes and serve with a side dish of salad leaves.

## Cooking Tips

An example of a floury potato would be the Russet Burbank.

For the first mash in Step 1, use a fork to break up the potatoes coarsely as you will be mashing them again in Step 3.

When marinating the fish, do not leave it soaking in lemon juice for more than 1 hour because the juice will toughen and “cook” the fish.

Tips to defrost frozen fish: let frozen fish thaw overnight in the lower compartment of the fridge or in a plastic bag submerged in tap water for 30 minutes.

## Nutritional Information

1 serving = 1 serve rice & alternatives, 1 serve meat & alternatives and 3/4 serve vegetables

Energy: 490kcal      \*\*Protein: 41g      Fibre: 7g      Iron: 2.3mg

Calcium: 351mg      Folic Acid: 57mcg      \*\*Vit C: 64mg      Vit A: 380 IU

## Nutritional Tips

Instead of a separate side salad, you can increase the amount of frozen mixed vegetables to 200g. To reduce the energy and fat contents further, you can use reduced-fat shredded mozzarella.