

FISH PIE HOTPOT

INGREDIENTS

Ready in about 1.5 hours. Serves 6.

- 2 tbsp rapeseed
- 2 tbsp butter
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 2 celery stalks, chopped
- 1 red pepper
- Splash of white wine (optional)
- 1 tin of tomatoes
- 1 fennel, chopped (optional)
- 1 bay leaf, & any Mediterranean herbs you have to hand
- 1 fish stock cube
- 800g fish pie mix
- Enough pre-cooked potatoes (skin on) for 6 people. Any size potatoes.
- 2 handfuls of peas
- 2 carrots, finely chopped
- 1 small tin of sweetcorn, drained
- A sprinkling of parmesan

METHOD

1. In a large sauté pan gently warm the oil & 1 tbsp butter whilst you start chopping veg.
2. Sauté the onion for 3-4 minutes, then add the garlic, followed by the celery. Stir well & leave for another 3-4 minutes.
3. Turn up the heat to medium, add the wine if using and let this evaporate. Add tinned tomatoes, pepper, courgette & fish stock cube. Season.
4. Half fill the tomato tin with water & add that too.
5. Bring to a simmer, add the herbs & season.
6. Gently simmer for 10—15 minutes, I then like to whizz this mix up with a hand blender to make a thick sauce, entirely optional.
7. In a large oven proof dish place the raw fish, peas and carrots (they will stay quite crunchy)
8. Pour the sauce over the fish mix, stir well, season again. Then tip out the sweetcorn over the top in a smooth layer.
9. Layer the cooked potatoes (I baked mine in advance but you can boil if you prefer) on the sweetcorn, melt the 2nd tbsp of butter and paint this over the potato. Finish with a grating of parmesan
10. Cook at 180 / 160 fan for 40 minutes, covered for the 1st 20 minutes.



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You can use whatever fish you like in this. Prawns are a nice addition too.

HEALTH BENEFITS

Salmon is an oily fish, though has the less saturated fat than some others. Contains the all essential omega 3 fatty acids EPA & DHA which are needed to help prevent cardiovascular conditions. Salmon is full of protein, B vitamins, selenium (the good mood mineral) & potassium.

Peppers are a colourful & versatile ingredient. They contain higher levels of Vitamin C, (particularly the reds), calcium, & potassium, plus anti-oxidants which are thought to protect the eyes from age related macular degeneration.

Tomatoes are rich in Vits A & C + minerals such as calcium, phosphorous, potassium & sodium. Great for the heart & detoxifying the blood & strengthening digestion. Probably best known though is the amount of lycopene they contain, which increases in cooking tomatoes. This powerful anti-oxidant is thought to help reduce the bad cholesterol & be effective in cancer prevention.



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