



**Foodicious**  
RECIPES

# Fish Pie

## Ingredients

- 1kg Maris Piper potatoes, peeled and halved
- 400ml milk, plus a splash for mashing
- 25g butter, plus an extra knob for the mash
- 25g plain flour
- 4 spring onions, finely sliced
- 1 pack fish pie mix (320g–400g: cod, salmon, smoked haddock)
- 1 tsp Dijon or English mustard
- ½ a 25g pack or a small bunch of chives, finely snipped
- 1 handful frozen sweetcorn
- 1 handful frozen petits pois (small peas)
- 1 handful grated cheddar cheese

## Instructions

Set your oven to 200°C (fan 180°C) or gas mark 6.

Add the potatoes to a large pot, cover with cold water, and bring to a boil. Simmer until tender (about 15–20 minutes).

Drain, then mash with a splash of milk, a knob of butter, and a pinch of black pepper until smooth and fluffy.

In a separate saucepan, melt 25g butter over low heat. Add the flour and spring onions, cooking for 1–2 minutes while stirring.

Gradually whisk in the milk to form a smooth sauce. Bring to a gentle boil, stirring constantly, and cook for 3–4 minutes until thickened.

Remove the sauce from the heat. Stir in the fish pie mix, mustard, chives, sweetcorn, and peas. Season to taste.

Pour the mixture into a large ovenproof dish or divide between 6–8 ramekins.

Spoon the mashed potatoes over the fish mixture, spreading evenly. Sprinkle with grated cheddar.

Bake for 20–25 minutes, or until golden and bubbling at the edges.

Let the pie cool completely, then cover tightly and freeze. Defrost fully before baking or reheating.