



## BigFish™ Recipe

### Autumn Fish Pie with Carrot Mash

This is a colourful, healthy and warming fish pie which is perfect for cool autumn evenings. It's based on an idea from [Mindful Chef](#) – our version uses BigFish™ Natural salmon fillets but you could choose our Organic salmon or Sea Trout fillets, the results would be equally tasty!

**Preparation and cooking time:** 50 minutes

**Serves:** 2

#### Ingredients

2x 125g BigFish™ salmon fillet  
120g green beans  
1 leek  
1 tbsp oil  
1 tsp wholegrain mustard  
200ml coconut milk  
2 tsp cornflour  
400g carrot  
40g spinach  
A handful of flat-leaf parsley



#### Method

1. Boil a kettle. Peel and chop the carrots into small pieces. Trim the green beans and thinly slice the leek, removing the root end. Roughly chop the parsley.
2. Put the carrots in a saucepan of boiling water with a pinch of sea salt and then simmer for about 20 minutes until soft cooked through. Add the green beans for the last 5 minutes of the cooking time. Drain the vegetables, remove the green beans and keep warm. Then mash the carrot with a potato masher or fork and season.
3. Meanwhile, heat 1 tsp of oil in a medium-sized pan and sauté the leek for 5 minutes.
4. Put 1 tbsp of coconut milk in a bowl and mix in the cornflour to form a smooth paste. Then add the remaining coconut milk to the leek pan with the cornflour and mustard and simmer gently for ten minutes, stirring until the sauce thickens.
5. While the sauce is cooking, cook the BigFish salmon (or trout) fillets from frozen in the microwave according to the packet instructions.
6. Next, preheat the grill to high. Break up the cooked salmon fillet and stir into the pan of coconut sauce with the spinach and half the parsley. Cook for a further 2 minutes and then season with sea salt and black pepper.
6. Now put the coconut fish pie mix into an ovenproof dish, spreading the carrot mash evenly over the top. Grill for five minutes until the top has crisped and the filling is bubbling.
7. Serve the fish pie with the green beans, with the remaining chopped parsley scattered over.