



Recipe from BigFish Brand™ BigFish Salmon Pie.

Our very own version of a hearty fish pie with mash, easy to make and perfect for feeding the family.

Preparation time: 20 minutes

Cooking time: 20-25 minutes

Serves four

Ingredients

4 fillets BigFish Brand™ natural or Organic salmon
1kg Maris Piper potatoes, peeled and quartered
400ml milk
50g butter
25g plain flour
4 spring onions, finely sliced
Small bunch fresh chives, finely chopped
50g frozen (or tinned) sweetcorn (drain if tinned)
50g frozen peas
50g grated Cheddar cheese
Salt & pepper to season



Method

1. Preheat oven to 180°C/Gas 4
2. Pop potatoes in a saucepan and cover with cold water. Bring to the boil, reduce to a simmer and cook for 10-12 minutes until tender. Drain and mash with a splash of milk and 25g of the butter. Season with salt and pepper.
3. Remove the salmon fillets from the outer bag and pierce a hole in each individual vacuum pack. Place on a microwaveable plate and cook in the microwave on full power for 4 mins from frozen. If defrosted, reduce the cooking time to 2 minutes and 30 seconds per portion.
4. In a frying pan, gently cook the spring onions in 25g butter and flour, stirring for 2 minutes. Gradually whisk in the milk, before bringing to the boil and whisking continuously for 4 minutes until thickened. Remove from heat and stir in the cheese to melt. Flake in the cooked salmon fillets and add chives, peas and sweetcorn. Season with salt and pepper and gently stir to coat the ingredients with the sauce.
5. Now pop the pie filling into one large oven proof dish or 4 ramekins. Then spoon on the mashed potato and top with a sprinkling of grated cheese. Cook in the oven for 20-25 minutes until golden and bubbling.
6. Serve with seasonal vegetables.