



BigFish™ Recipe Garden Mint Salmon puff pie

Another variation on the ever-popular fish pie, this time our recipe uses our award-winning [Garden Mint salmon fillets](#). It goes beautifully with the mashed peas and the hemp oil adds a lovely little bit of extra flavour (and healthy Omega3!)

Preparation time: 20 minutes
Cooking time: 25 minutes
Serves: 4-6

Ingredients

4 BigFish Garden Mint salmon portions, slightly defrosted
2 packs ready-made puff pastry, defrosted if frozen
1 bag fresh spinach, cooked, cooled and dried
1 egg mixed with a little milk to make an egg wash
Freshly ground black pepper and salt to season
Hemp oil (just a little for the top – we used [Good Hemp](#))

For the mashed peas

½ bag of frozen peas; we used petit pois, but garden peas are fine too
2 tbsp butter
2 tbsp brown sugar
Fresh mint, chopped
1 bunch spring onions, chopped
2 tbsp olive oil
Salt and pepper to taste

Method

1. Pre-heat the oven to 200°C or Gas Mark 6.
2. Line a baking tray with greaseproof baking paper. Roll out one sheet of pastry and put it in the middle of the baking tray.
3. Heat a dry frying pan and lightly fry the garden mint salmon portions, skin side down, for just around one minute so that the skin cooks and can be easily removed. You don't need to cook the fillets through at this stage.
4. Now take the slightly-defrosted fillets and put them in the middle of the pastry on the tray. Layer the cooked spinach over the portions, season.
5. Brush the edges of the pastry with egg wash, then lay the second sheet of pastry over the top of the portions and pinch the edges. (We made ours look extra-special by cutting out some pastry fishes, but you don't have to do that!).
6. Brush with the remaining egg wash and bake for 25 minutes, or until golden brown.
7. While the pie is cooking, prepare the mashed peas; heat oil in a skillet, add the peas, mint leaves and spring onion, cook until the peas are tender. Then put the peas in a bowl and mix in brown sugar and butter, season to taste. Mash all the ingredients together.
8. Serve the pie hot with a drizzle of hemp oil and mashed peas on the side.