



On Camp with **Kelly**

AVIVA

Cheat's Fish Pie



Ainsley says...

"This recipe is incredibly easy to make and literally takes minutes to prepare. If you don't want to make the sauce you can use a 300ml tub of fresh three-cheese sauce, usually used for pasta."

Serves 4-6

675g potatoes, peeled
450g mixed prepared seafood (such as undyed smoked haddock, fresh salmon fillet, monkfish cut into bite-sized pieces and raw peeled king prawns)
200ml tub low fat crème fraîche
2 large egg yolks
125g grated mature cheddar
1 (½) teaspoon of Dijon mustard
knob of butter
salt and freshly ground black pepper
lightly dressed mixed salad, to serve

Preheat the oven to 180C/350F/Gas mark 4. Cut the potatoes into slices and place in a pan of boiling salted water. Simmer for about 5 minutes until just tender and cooked through but still holding their shape. Drain well.

Scatter the seafood in an ovenproof dish that is about 1.2 litres (2 pints) in volume and season to taste. Make the sauce by mixing the crème fraiche, egg yolks, 100g of the cheddar and mustard, then spoon over the fish to cover completely. Arrange the parboiled potatoes in a slightly overlapping layer on top and dot with the butter, then sprinkle over the rest of the cheese. Bake for 25-30 minutes until bubbling and golden. Serve straight to the table with a bowl of mixed salad and allow everyone to help themselves.

Nutrition information

Based on the following fish content:

150g prawns, 100g salmon, 100g monkfish, 100g smoked haddock

Fish pie				RDA	
	Per serve (for 4)	Per serve (for 6)	Per 100g	Male	Female
Kcal	493	328	132		
Protein (g)	35.3	23.6	9.4		
Carbohydrates (g)	30.7	20.4	8.2		
Fat (g)	26.3	17.6	7.0		
Saturated fat (g)	14.4	9.6	3.8		
Monounsaturated fat (g)	7.4	4.9	2.0		
Polyunsaturated fat (g)	2.1	1.4	0.5		
Calcium (mg)	359.5	239.7	96.1	700	700
Magnesium (mg)	72.5	48.3	19.4	300	270
Iron (mg)	2.2	1.5	0.6	8.7	14.8
Copper (mg)	0.3	0.2	0.1	1.2	1.2
Zinc (mg)	2.6	1.8	0.7	5.5-9.5	4-7