

Fish Pie in Scallop Shells



Serves 4

Prep 10 mins

Cooking 15 mins

Challenge

Mash: 20 mins

Ingredients

½ onion	30g plain flour
1 bay leaf	1 small bunch parsley, chopped
1 clove	200g prawns, shelled
300ml milk	½ lemon, juice only
350g smoked haddock, skin removed	salt and pepper
300g mussels, cooked and shelled (optional)	400g mashed potato (made beforehand)
30ml white wine (optional)	80g grated Comté/gruyere/Emmental
30g butter	watercress or other leaves, for garnish
	4 scallop shells

1. Preheat the grill to high. Make sure you have cooked and mashed the potato first.
2. Stud the onion with the cloves and bay leaf. Warm the milk in a pan with the studded onion, then add the haddock and poach for 2-3 minutes.
3. In a pan with a lid, steam the mussels in the wine. Once cooked, pick the meat out of the shells. (Omit this stage if not using)
4. To make the white sauce, melt the butter in a pan, whisk in the flour and cook out for 2 mins. Add the milk and whisk simmer until bubbling. Stir in the parsley and the prawns and cook for 2 mins. Add the rest of the fish and season.
5. Put the shells on scrunched-up foil to stabilise them. Spoon the fish into the scallop shells with the sauce.
6. Pipe the mash on top and sprinkle with the grated cheese, then grill or put in a very hot oven (220 C) for 5 - 7 minutes until golden. Garnish with watercress or other leaves.