

Golden-Topped Fish Pies



Serves 4 Prep 35 mins

Cooking 35 mins

Easy

Ingredients

± 350g sweet potatoes, peeled & cut into even-sized chunks
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4 tbsp milk, plus 600ml (1 pint)
butter 65g
± 450g Fish pie mix of fish (1 lb) with salmon, white fish and smoked haddock
2 spring onions or 1 leak, trimmed, washed and sliced
50g plain flour 50g
4-5 tbsp chopped parsley

1. Put all the potatoes in a large pan with just enough water to cover. Bring to the boil, cover, then simmer for 18-20 mins until tender.
2. Drain the potatoes, return to the pan and place it over a low heat to remove any moisture. Mash with the 4 tablespoons of milk and 15g of butter.
3. Meanwhile, put the fish mix into a pan with 600ml (1 pint) milk. Bring just to the boil, then take off the heat & cover with a lid. Leave for 5 mins. Drain the fish, reserving the milk.
4. Melt 25g butter in the pan over medium heat. Stir in the spring onions, cover & simmer for 5 mins, stirring occasionally. Divide the spring onions & fish between 4x 250ml oven proof or foil dishes.
5. For the sauce, melt 25g butter in the pan, add the flour & cook over a medium heat for 1-2 mins. Gradually beat in the reserved milk & whisk to make a sauce. Cook for 2 mins, then add the parsley & season.
6. Spoon the sauce into the dishes.
7. To serve now: Preheat the oven to 200°C/400°F/ Gas 6. Put one or two of the fish pies on a baking sheet in the oven & bake for 35--40 mins or until bubbling hot.
8. **To freeze:** Cover the uncooked dishes with foil. Seal, label & freeze. Use within 2 months.
9. **When frozen:** Remove from the freezer and thaw in the fridge overnight. Cook as above.