

Mediterranean Fish Gratins



Serves 6 **Prep 25 mins** **Cooking 55 mins** **Easy**



Ingredients

3 tbsp olive oil
1 large onion, thinly sliced
1 fennel bulb (about 250g) trimmed and thinly sliced
1 heaped tsp coriander seeds, lightly crushed
150ml white wine
2 x 400g cans chopped tomatoes with herbs (or add dried oregano, dried basil & pinch of sugar to 2 tins of chopped tomatoes)
2 tbsp tomato puree
1 bay leaf
1 tbsp fresh lemon juice
1 bunch of parsley, finely chopped
900g mixed skinless fish fillets, cut into chunks
350g raw peeled king prawns
75g finely grated parmesan
50g panko or coarse dried breadcrumbs

1. Heat the oil in a large, wide non stick frying pan and gently fry the onion and fennel for 15 mins, stirring regularly until the vegetables are softened and lightly coloured. Pour the wine into the pan and add the tomatoes, tomato puree and bay leaf. Season and bring to a gentle simmer. Cook for about 15 mins, stirring occasionally, until thick.
2. Heat the oven to 220C/Fan 200C/ Gas 7. Stir the lemon juice and most of the parsley into the tomato mixture, pop the raw fish pieces and prawns on top and stir well. Cover tightly with a lid and simmer gently over a medium heat for 4 -5 mins or until the fish is almost cooked. Stir a couple of times as the fish cooks, taking care not to let it break up.
3. Ladle the hot tomato and fish mixture into 6 individual pie dishes - they will each need to hold around 350ml. To Freeze, simmer the fish mixture an extra 2-3 mins or until the fish is just cooked and the prawns are pink. Leave the assembled pies to cool in the dishes without baking. Cover with a double layer of foil and freeze for up to 1 month. To serve, thaw the pies overnight in the fridge and bake as above for 25 mins or until piping hot throughout.
4. If eating the pies the same day, mix the cheese, breadcrumbs, remaining parsley and a little ground black pepper together and sprinkle over the top. Bake on a baking tray for 20 mins or until the pies are golden brown and bubbling. Serve with a green salad.