

Creamy Fish Pie with Watercress

VITACRESSTM

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Preparation time: 25 minutes
Cooking time: 1 hour 15 minutes

Ingredients:

2 tbsp sunflower oil
1 large onion, finely chopped
110g carrots, peeled and finely chopped
100g watercress, roughly chopped
500g celeriac, peeled and roughly cubed
850g potatoes, peeled and quartered
25g butter or olive oil based spread
150ml semi-skimmed milk
400g cod fillet, skinned and cut into 2.5cm pieces
350g smoked haddock fillet, skinned and cut into 2.5cm pieces
2 hard boiled eggs, peeled and quartered
350ml double cream
salt and ground black pepper



Method:

Heat the oil in a large saucepan and cook the onion and carrot for 10-15 minutes until softened. Leave to cool. Place the watercress in a saucepan and cook for 1 minute – just until it wilts. Leave to cool. Place the celeriac and potatoes in a pan of salted water. Bring to the boil and simmer until soft, about 15 minutes. Drain well and mash with the butter and milk. Taste and season with salt and pepper. Place the cod and smoked haddock in a shallow pie dish and arrange the hard-boiled egg quarters over the fish. Spoon over the cooled carrot, onion and watercress. Season well with salt and ground black pepper. Pour over the cream. Spoon over the mashed potatoes and celeriac and spread over the pie. Place in a pre-heated oven 200°C, 400°F, gas mark 6 for 45 minutes until golden brown and bubbling.

Nutrition:

Portions	4
Calories	906
Fat	58g
Saturated Fat	32g
Carbohydrate	50g
Protein	48g
Fibre	9g
Salt	2.81g