

Fish Pie

Ingredients

- 2 large eggs
- 2 large handfuls of baby spinach
- 1 onion
- 1 carrot
- olive oil
- 250ml double cream
- Cheddar or Parmesan cheese
- 1 lemon
- 1 tsp English mustard, heaping
- 1 large handful of flat-leaf parsley
- 450g haddock or cod fillet, skin off, pin-boned
- 1 whole nutmeg, for grating



Preparation

1. Preheat the oven to 450°
2. Peel and dice the potatoes into 2.5cm chunks, then put into boiling salted water and bring back to the boil for 2 minutes
3. Carefully add the eggs to the pan and cook for a further 8 minutes, or until hard-boiled, by which time the potatoes should also be cooked
4. At the same time, steam the spinach in a colander above the pan, about 1 minute
5. When the spinach is done, remove from the colander and gently squeeze out any excess moisture
6. Drain the potatoes in the colander
7. Remove the eggs, cool under cold water, then peel and quarter and place aside
8. Peel and finely chop the onion, then peel
9. Halve and finely chop the carrot
10. In a separate pan, slowly fry the onion and carrot in a little oil for about 5 minutes, then add the double cream and bring just to the boil
11. Remove from the heat and finely grate in 2 good handfuls of cheese, then squeeze in the lemon juice and stir through the mustard
12. Pick and finely chop the parsley and stir into the cream mixture
13. Slice the fish into strips then place in an earthenware dish with the spinach and eggs and mix together, pouring over the creamy vegetable sauce
14. The cooked potatoes should be drained and mashed
15. Add a bit of oil, sea salt, black pepper and a touch of nutmeg (if using)
16. Spread on top of the fish
17. Place in the oven for 25-30 minutes, or until the potatoes are golden
18. Serve with some nice peas or greens