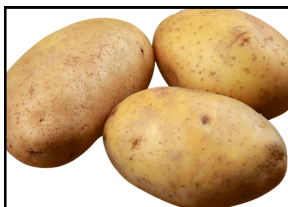
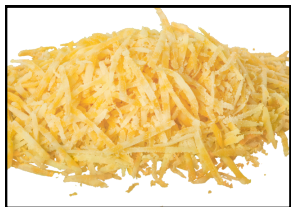


Quick & Easy 30min Mashed Potato Fish Pie

Serves a family of 6



Ingredients

- 1 cup green peas
- 1 cup corn
- 1 cup carrots, diced
- 2 cups grated cheese
- 1 cup milk
- 1 cup reduced cream
- 2 kg potato
- 1 tsp pepper
- 3 tbsp butter
- 1 medium-sized onion, diced
- 3 cloves garlic, minced
- 2 cans of plain tuna/tuna in water

Part 1: Fish and veggie mix

1. Preheat the oven to 200°C fan bake
2. In a saucepan, saute the onion and garlic until the flavours are absorbed.
3. Drain the canned tuna of its water, and add it to the pan. Let it simmer for around 3 minutes.
4. Add the veggies (corn, carrots, and peas) and let it cook until soft.
5. Once the veggies are cooked, add the reduced cream, and season with pepper to taste. Let it simmer for 3 minutes, then set aside.

Part 2: Mashed potato topping

1. Dice potatoes and boil in water until tender.
2. When done, add the butter and milk. Mash and mix it all together. Set aside.

Part 3: Putting it all together

1. Transfer veggies and fish mixture into a baking dish, then gently spread the mashed potato on top. Use a fork to fluff the surface of the pie to even it out.
2. Spread grated cheese as toppings. Then put in the pre-heated oven and bake for 20-25 minutes, or until the cheese is melted.
3. Leave to cool for 5 minutes, then serve.

enjoy

