

Prawn and Salmon Pie with Mash Topping

Fish pie is a traditional British dish. This recipe uses canned salmon, which is a good source of omega-3 fatty acids, and is easy because you don't have to prepare any fresh fish. It is delicious served with either a summer salad or cooked vegetables.



Fish, milk, prawns (crustaceans) and wheat (gluten)*

Nutritional information per portion (464g):

Energy	Fat	Saturates	Sugars	Salt
1903kJ 453kcal 23%	17g 24%	4.7g 24%	7.8g 9%	1.6g 27%

of an adult's reference intake.
Typical values per 100g: energy 410kJ/98kcal.

Equipment

Weighing scales
Peeler
Chopping board
Sharp knife
Medium to large saucepan with lid x 2
Can opener
Colander
Measuring jug
Measuring spoons
Small whisk or wooden spoon
Potato masher
Ovenproof dish (approx 1½ - 2 litres, such as a lasagne dish)
Baking tray
Oven gloves
Pan stand

Ingredients

Serves 4

Filling

4 spring onions
(OR 1 small onion)
Small bunch (10g) fresh dill
OR 1 x 5ml spoon dried dill
2 x 213g cans pink
OR red salmon
500ml semi-skimmed milk
30g unsaturated fat spread
30g plain flour
1 bay leaf (optional)
100g cooked, peeled
prawns (thawed if frozen)
Ground black pepper
(optional)

Topping

750g potatoes
(suitable for mashing)
25g unsaturated fat spread
3 x 15ml spoons semi-
skimmed milk

*Presence of allergens can vary by brand
– always check product labels. If you
serve food outside the home you must
make allergen information available
when asked.



Prawn and Salmon Pie with Mash Topping

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash, peel and chop the potatoes into even-sized pieces (approx 3cm cubes). Place the potatoes in the saucepan and cover with water.
3. Place on the hob and bring to the boil, then cover and turn down to simmer for about 20 minutes. When cooked the potatoes should be very soft when you put a knife into them.
4. While the potatoes are cooking, wash and finely chop the spring onions (or onion) and fresh dill (if using). Open and drain the cans of salmon and remove any skin. Measure the milk into the jug.
5. Pour the milk into the saucepan and add 30g of spread, 30g of flour and the bay leaf (if using). Cook over a medium heat, whisking or stirring all the time, until the sauce is bubbling and has thickened. (This is called an 'all-in-one method' of making a white sauce.)
6. Stir in the spring onions or chopped onion and continue to cook for 5 minutes.
7. Add the dill, salmon, prawns and black pepper to taste (if using) and remember to remove the bay leaf. Place on one side to cool slightly.
8. When the potatoes are cooked, drain them well through a colander and tip them back into the pan. Add the 25g of spread and 3 x 15ml spoons of semi-skimmed milk. Mash well until smooth.
9. Pour the fish mixture into the ovenproof dish and then spoon the mashed potato over the top and smooth with a fork.
10. Place on a baking tray and put in the oven for approximately 30–40 minutes until golden brown and piping hot.

Something to try next time

- Chop up 2 hardboiled eggs and add to the mixture.
- Add ½ x 5ml spoon of nutmeg and 50g of fresh chopped spinach to the white sauce before adding the salmon and prawns.

Prepare now, eat later

- The potato topping could be made in advance and stored in the fridge for up to 2 days.
- It is not advisable to reheat prawns or freeze them if previously frozen. Eat the pie when freshly made or store any leftovers in the fridge and eat cold within 24 hours.

Top Tips

- Make sure you whisk or stir your sauce continuously to stop it becoming lumpy.
- To help defrost prawns, place them in some cold water and then pat dry. Never use hot water as this will start to cook the prawns and may cause food poisoning.
- You could double the mash quantity and use half for the fish pie and save the remainder. Cool and store in your fridge for up to 2 days and use for Mixed Vegetable Pie. The recipe for this is available on our website.

Skills used include:

Weighing, measuring, peeling, chopping, whisking, mashing, boiling/simmering and baking.

www.bda.uk.com