

Fast Food Family Journey blog
Recipe 'Mums & Dads evening meal inspiration'
Mary Smith

Hassle-free alternative to fish pie

Most fish pie recipes involve making a white sauce, with some even suggesting poaching ingredients in the milk you use. White sauces with lots of cheese are delicious but are high in saturated fat, and the constant stirring stops you from getting on with other things. This recipe is quicker and healthier, and gives you a meal in one dish.

Total prep & cooking time 22 minutes

Quantity 4 portions (eat 2, freeze 2)

Tools Large ovenproof dish, grater

200g un-dyed smoked fish*
200g white fish*
150g fresh salmon*
80g raw/frozen prawns
5 tbsp milk
120g frozen peas
80g frozen chopped spinach

} *Cut or snip fish into chunks.
Place all in dish. Cover &
microwave on high for 8 mins
(stir half way). Prepare below
stages whilst cooking.*

5 lasagne sheets

} *Rub with little oil, boil for 10
mins. Drain.*

250g reduced fat cream cheese
2 tsp Dijon mustard
¼ tsp freshly grated nutmeg

} *Stir into fish until melted.
Season with black pepper.*

25g Parmesan, grated
25g Cheddar, grated

} *Layer the fish and lasagne in dish
sprinkle cheese on top. Grill 5
mins until golden & bubbling.*

Storage: Airtight container in fridge for 2 days. Freezes well (if use raw frozen prawns you can re-freeze them).

*Use skinless and boneless fillets for all the fish in this recipe to save time. White fish such as Cod, Haddock or Pollock all work well.

Substitute the milk and cream cheese with soya products for a dairy free version or 'lacto-free' products for a lactose free version.