

# Delicious Dinners

## Phunky Fish Pie



### Phunky Fish Pie

#### Ingredients:

1.25kg potatoes  
50 grams butter  
100g low fat cream cheese  
400ml crème fraîche  
1 un-waxed lemon  
Handful parsley  
Black pepper  
500 grams smoked white fish  
300 grams large cooked prawns  
2 courgettes  
50 grams sweetcorn  
50 grams cheddar cheese

#### Equipment:

Oven and oven gloves  
Pan  
Knife  
Potato peeler  
Potato masher  
Chopping board  
Mixing bowl  
Whisk  
Lemon juicer  
Grater  
Spoon  
Large ovenproof dish



#### Method:

1. Pre-heat the oven to 200°C.
2. Peel the potatoes and cut into chunks. Boil in the large saucepan for 15 minutes. Drain. Add the butter and mash until smooth
3. Make the sauce by whisking together the cream cheese and crème fraîche until smooth.
4. Grate the lemon rind and juice the lemon, add to sauce.
5. Roughly chop parsley and add to sauce. Season with black pepper.
6. Add 4 tablespoons of the mashed potato and stir into the sauce to thicken it.
7. Finely chop courgette.
8. Cut fish into 3 cm chunks.
9. Add the fish, prawns, courgette and sweetcorn into the oven proof dish.
10. Pour sauce on top.
11. Cover with mashed potato spooning the potato on starting from the edges and working in to the centre.
12. Run a fork over the top of the pie to brown and crisp in the oven.
13. Grate the cheddar cheese over the pie and bake for 30 – 40 minutes until the top is golden brown, you may want to cover the pie with kitchen foil to prevent the top burning.
14. Serve with peas or other green vegetables!