

Creamy Homemade Spinach Fish Pie

A creamy goodness with a crunchy golden cheese crust

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INGREDIENTS

(makes 6-8 portions)

- 10 medium potatoes (about 1kg not peeled)
- 1-2tbsp butter
- fresh or frozen chives
- some milk
- salt
- pepper

- 1-2tbsp olive oil
- 2 medium white onions
- 100g frozen green peas
- 300g frozen spinach
- 400g frozen white fish (I used alaska pollock)
- salt
- pepper
- dry thyme

- 50g butter
- 50g flour
- 500ml milk
- 100g grated cheese (I used mozzarella)
- salt
- pepper

- some extra grated cheese (I used mozzarella) and some grated parmesan

DIRECTIONS

1. Start by defrosting the fish. You want the fish to be completely defrosted before you start with the recipe. Once defrosted cube the fish.



2. Peel the potatoes and boil them in a well salted water until soft.
3. In the mean time, prepare the filling. Slice the onions finely and fry them with some olive oil on medium heat just until golden. Then add frozen peas and spinach and cook covered until the vegetables have completely defrosted. This will take about 15 minutes. Then turn off the heat and add the defrosted fish. Season with salt, pepper and thyme and mix shortly. Remove from heat and leave aside.
4. To prepare the white sauce melt the butter in a small pot. Once melted add flour while mixing with a whisk. Once the flour has completely combined with the butter add milk while mixing continuously. Cook the white sauce on medium to high heat until you get a creamy sauce-like consistency. Turn off the heat, season with salt and pepper, add the grated cheese and mix until the cheese has melted.
5. Add the creamy cheese sauce to the fish and vegetables and mix well until combined. Leave aside.
6. Once the potatoes are ready, drain the water, add the butter, chives and milk and mash the potatoes until you reach a creamy and soft consistency. Add milk as you go and as needed to reach a soft and creamy consistency. (See video)
7. Transfer the filling into an oven proof casserole dish (I use an oval 29cm x 22cm dish) and cover with the mashed potatoes. You can spoon the mashed potatoes with a tablespoon to portion it evenly over the filling. Once covered, even out with a fork. (See video)
8. Sprinkle some cheese over the top and grate over some parmesan cheese.
9. Bake the fish pie at the middle shelf of the oven in 200°C for about 40 minutes or until golden on top.
10. Remove from the oven and allow to cool for about half an hour before serving.
11. Serve with a side salad.