

Skinny Fishman's Pie

(Serves 4)

Ingredients

- 3 eggs
- 370 g haddock – skinned and pin boned
- 200 g prawns
- 225 g spinach
- 1 medium onion
- 2 medium carrots
- Glug of olive oil
- Sea salt
- Pepper
- 3 tbsp flour
- 2 tbsp margarine
- 125 ml white wine
- 250 ml chicken stock
- 250 ml semi-skimmed milk
- 1 tsp English Mustard
- 5 mint Leaves
- ½ bulb of fennel
- 1 tsp fresh red chilli
- 1 lime
- 1 head cauliflower
- 2 cloves garlic
- 2 tsp margarine (for topping)



Method

- Chop the cauliflower florets into cubes. Peel the garlic cloves and toss then into a pot full of salted water along with cauliflower for 15 minutes over med/high heat
- Preheat oven to 230°C. While pie topping is cooking place eggs in a pot and cover with cold water and bring to the boil. Reduce heat and cook for 7 minutes. Drain and cool eggs in ice/cold water
- Cut fish into chunks, arrange with prawns and eggs (sliced) in a casserole dish. Squeeze citrus juices over contents.
- Steam spinach, drain and put into casserole dish.
- Chop fennel, carrots, onions, and chilli and fry in oil. Place into casserole dish.
- Mix white wine, margarine and flour in a pan on a low heat, once mixed boil and reduce to cream consistency
- Add salt, pepper, mustard and mint to sauce and spread over casserole dish.
- Drain cauliflower then transfer back to pan, add margarine and whisk to a smooth consistency. Spoon over pie filling and bake in oven for 30 minutes

Per Serving:

Calories 426 kcal | Fat 18 g | Protein 36 g | Carbohydrate 20 g



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