



Luxury Fish Pie



Try our delicious fish pie for a filling meal for the whole family. Why not substitute salmon for one of our other canned fish products?

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	503kcal	9.9g	14.2g	6.4g	2.3g
RI%	25%	11%	20%	32%	38%

Method

1. Preheat the oven to 200°C/400°F/Gas 6. Thinly slice the potatoes and carrot and boil for 7-8 minutes until tender. Drain and set aside. Finely chop the leek.
 2. In a pan, blend the corn flour with a little of the milk to form a paste. Add the remaining milk and bring to the boil, stirring, until thickened. Remove from the heat and stir in the fromage frais, leek, most of the chives and seasoning. Set aside.
 3. Flake the Princes Red Salmon into bite-sized pieces and place in a large dish. Mix in the prawns and spoon over the leek sauce.
 4. Arrange the sliced potatoes and carrots neatly over the top, ensuring all the fish is covered. Beat the egg and brush the top of the pie. Stand on a baking sheet and bake for 30-35 minutes until golden and the fish is hot. Serve immediately, sprinkled with black pepper and the remaining chives, accompanied by fresh vegetables.
- N.B: This recipe is not suitable for home freezing.

Ingredients

- 3 x 213g cans Princes Pink Salmon
- 1lb 12oz/792g new potatoes
- 1 carrot
- 1 leek
- 1 level tbsp corn flour
- ½ pint/284ml milk
- 200g pot natural fromage frais
- 2 tbsp freshly chopped chives
- Freshly ground black pepper
- 4oz/113g prawns
- 1 egg

