

Spiced Fish Pie

Indian Fish Pie



Ingredients

2 tbsp oil
1 tsp fennel seeds
½ tsp mustard seeds
1 onion, chopped
2 garlic cloves, finely chopped
1 large handful of fresh spinach, chopped
1 chilli, chopped
400ml cream
400g firm white fish
200g salmon
100g smoked fish
300g prawns
salt and pepper to taste

Topping

2 or 3 large sweet potatoes, boiled
1 tbsp ghee
2 spring onions, chopped
A pinch chilli flakes (more for extra heat)
1 tsp garam masala

Method

- 01** Heat oven to 200°C.
- 02** Heat the oil and temper the fennel and mustard seeds until they crackle. Add the chopped onion and cook for 5 minutes.
- 03** Stir in the garlic and cook through allowing the onions to soften and turn translucent.
- 04** Add the chopped spinach and chilli and once the spinach has wilted pour in the cream and stir. Season with the salt and pepper.
- 05** As the cream warms up place the fish and prawns into the pan and simmer gently for a few minutes until it's just cooked through.
- 06** Remove from heat and place in a casserole dish.
- 07** Mash the sweet potatoes and add the ghee, garam masala and spring onions and stir to combine.
- 08** Cover the fish with the potatoes and sprinkle it with chilli flakes.
- 09** Bake in the oven for 20-25 minutes, until the top is golden brown and the pie is bubbling.



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