

ingredients

20 Green Gourmet Hoki Fillet Steaks

4 eggs

12 medium /large potatoes

1 cup frozen peas

2 pints white sauce

2-4 tsp dried parsley

1 onion - finely chopped

1/2 celery stick - finely chopped

8 tsp lemon juice

4 tbs of butter

2 tbs double cream (optional)

2 tbs vegetable oil

seasoning : black pepper salt,
pinch of ground nutmeg

Green Gourmet Fisherman's Pie



cooking instructions

- ❁ Take out the hoki fillets to partially defrost, and cut into pieces.
- ❁ Boil the potatoes to form mash - add butter, seasoning and just a pinch of ground nutmeg.
- ❁ Boil the eggs for 15 mins to hard boil, immerse in cold water to cool.
- ❁ Make up the white sauce. Add the parsley and lemon juice, season with salt, pepper. Then add in 1 scoop of the mashed potato and the double cream (optional), stir in well.
- ❁ Oil tin, place in pre-heated oven (180° C, gas 5) for 2-3 mins.
- ❁ Add the chopped onion, celery and cook for 5 mins.
- ❁ Add the pieces of fish, peas, sauce and chopped eggs, stir well.
- ❁ Fork the mashed potato on top , spread evenly.
- ❁ Return to the oven for 30- 40 mins, uncovered, until sauce is bubbling and potato lightly browned.