



WHATSheATE



HEALTH SCORE

51%

Fast fish pie



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



413 kcal

Ingredients

- ☐ 5 tbsp olive oil
- ☐ 2 sticks celery chopped
- ☐ 1 garlic clove sliced
- ☐ 200 g cherry tomatoes halved
- ☐ 1 tbsp tomato purée
- ☐ 300 g fish fillet boneless skinless white cut into chunks
- ☐ 100 ml vegetable stock
- ☐ 100 g shrimp cooked
- ☐ 2 sprigs tarragon chopped

- ☐ 750 g potatoes peeled quartered
- ☐ 2 spring onion chopped

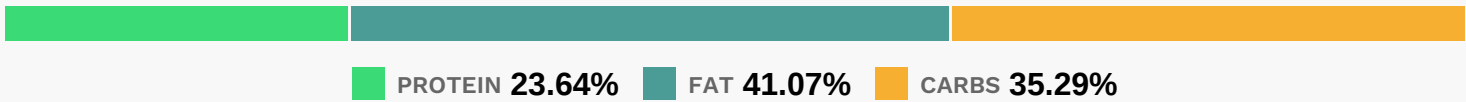
Equipment

- ☐ frying pan
- ☐ grill
- ☐ pie form

Directions

- ☐ Heat 1 tbsp olive oil in a non-stick frying pan and tip in the celery and garlic. Cook over a high heat for 2 mins or until softened, then add in the tomatoes. Cook for another 3 mins until starting to burst. Stir in the tomato pure and fish, then pour over the stock or wine. Turn down the heat, simmer for 3 mins, then tip in the prawns and cook for a further 2 mins until the prawns are heated through and the fish flakes easily. Stir through the tarragon and spoon the mixture into a medium-sized oval pie dish.
- ☐ Meanwhile, cook the potatoes in salted boiling water for 15 mins until softened.
- ☐ Drain and mash together with the remaining olive oil, 3 tbsp water and the spring onions. Spoon over the fish mixture and smooth all over to cover. Run a fork over the surface to create swirls, then cook under a hot grill for 10 mins until the topping is lightly browned.

Nutrition Facts



Properties

Glycemic Index:73.19, Glycemic Load:24.67, Inflammation Score:-7, Nutrition Score:22.426086840422%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 412.87kcal (20.64%), Fat: 19.26g (29.62%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 37.22g (12.41%),
Net Carbohydrates: 32.11g (11.68%), Sugar: 3.53g (3.92%), Cholesterol: 77.75mg (25.92%), Sodium: 204.01mg
(8.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.87%), Vitamin C: 51.24mg (62.11%),
Selenium: 32.46µg (46.37%), Vitamin B6: 0.77mg (38.55%), Potassium: 1310.38mg (37.44%), Vitamin K: 34.98µg
(33.31%), Phosphorus: 314.77mg (31.48%), Vitamin B3: 5.42mg (27.09%), Manganese: 0.5mg (25.23%), Vitamin E:
3.29mg (21.9%), Copper: 0.43mg (21.32%), Magnesium: 84.6mg (21.15%), Fiber: 5.12g (20.47%), Vitamin B12: 1.18µg
(19.75%), Folate: 68.74µg (17.19%), Iron: 2.99mg (16.59%), Vitamin D: 2.33µg (15.5%), Vitamin B1: 0.21mg (14.08%),
Vitamin B5: 1.06mg (10.61%), Vitamin A: 513.23IU (10.26%), Vitamin B2: 0.15mg (8.93%), Zinc: 1.31mg (8.72%),
Calcium: 77.46mg (7.75%)