



Fish pie with saffron mash



Gluten Free



Very Healthy

READY IN



105 min.

SERVINGS



6

CALORIES



420 kcal

Ingredients

- ☐ 3 shallots finely chopped
- ☐ 3 tbsp citrus champagne vinegar
- ☐ 150 ml wine
- ☐ 142 ml double cream
- ☐ 900 g haddock fresh
- ☐ 200 g shrimp raw peeled
- ☐ 800 g pkt spinach fresh (2 bags)
- ☐ 200 g crab meat
- ☐ 3 garlic clove

- ☐ 1 to 5 chillies red halved deseeded
- ☐ 200 ml milk
- ☐ 1 pinch saffron threads
- ☐ 6 servings potatoes cut into large chunks
- ☐ 4 tbsp olive oil
- ☐ 1 lemon zest

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mortar and pestle
- ☐ colander

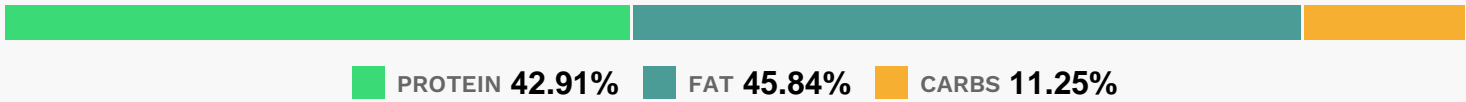
Directions

- ☐ Tip the shallots and vinegar into a saucepan and place on the heat so the vinegar evaporates quickly. Splash in the white wine and reduce until practically dry.
- ☐ Add cream, bring to the boil, then simmer gently until reduced by two-thirds and very thick. Leave to cool.
- ☐ Cut the fish into bite-size chunks and set aside with the prawns.
- ☐ Tip spinach into a large colander and pour over boiling water from a kettle until all the spinach is wilted (you may need to do this more than once). Cool under the cold tap, then squeeze the spinach tightly to get rid of any excess liquid.
- ☐ To make the topping, mash the saffron, garlic and chilli together using a pestle and mortar. Tip into a saucepan with the milk, bring to the boil, then remove from the heat to infuse. Bring the potatoes to the boil and simmer for 15 mins until soft.
- ☐ Drain, then mash well with the infused milk, olive oil, lemon juice and zest.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ To assemble the pie, mix the fish and prawns into the cold cream until completely coated. Tip the fish into the bottom of a large gratin dish and scatter over clumps of crabmeat. Unravel the spinach and lay it over the fish, then top with the mash. Cook the pie for about 30 mins until golden and starting to brown and bubble around the edges.

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Serve with green veg if you like.

Nutrition Facts



Properties

Glycemic Index:61.79, Glycemic Load:2.35, Inflammation Score:-10, Nutrition Score:44.798695895983%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 8.54mg, Kaempferol: 8.54mg, Kaempferol: 8.54mg, Kaempferol: 8.54mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 419.79kcal (20.99%), Fat: 20.65g (31.77%), Saturated Fat: 7.69g (48.09%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 7.79g (2.83%), Sugar: 4.6g (5.11%), Cholesterol: 179.69mg (59.9%), Sodium: 767.27mg (33.36%), Alcohol: 2.61g (100%), Alcohol %: 0.7% (100%), Protein: 43.5g (87%), Vitamin K: 651.93µg (620.89%), Vitamin A: 13074.43IU (261.49%), Vitamin B12: 5.97µg (99.48%), Selenium: 54.12µg (77.31%), Folate: 298.86µg (74.71%), Manganese: 1.35mg (67.47%), Vitamin C: 53.72mg (65.11%), Phosphorus: 617.59mg (61.76%), Magnesium: 178.59mg (44.65%), Vitamin B6: 0.88mg (43.9%), Potassium: 1502.06mg (42.92%), Copper: 0.67mg (33.72%), Vitamin E: 5.02mg (33.48%), Vitamin B3: 6.6mg (32.99%), Vitamin B2: 0.46mg (27.03%), Zinc: 3.94mg (26.27%), Iron: 4.69mg (26.03%), Calcium: 255.85mg (25.58%), Fiber: 3.61g (14.42%), Vitamin B1: 0.19mg (12.73%), Vitamin B5: 1.07mg (10.75%), Vitamin D: 1.51µg (10.06%)