



Kilmore Quay Fisherman's Pie

READY IN



65 min.

SERVINGS



4

CALORIES



765 kcal

Ingredients

- ☐ 2 tablespoons bread crumbs
- ☐ 0.3 cup carrots diced
- ☐ 3 tablespoons cilantro leaves roughly chopped
- ☐ 1.5 cups corn flakes
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cups fish stock
- ☐ 4 cups haddock boneless cut into a large dice
- ☐ 2 hardboiled eggs chopped
- ☐ 0.8 cup heavy cream
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 1 cup leek diced
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 onion diced
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 1 cup potatoes diced
- ☐ 0.8 cup salmon smoked chopped
- ☐ 0.5 cup butter unsalted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ ramekin

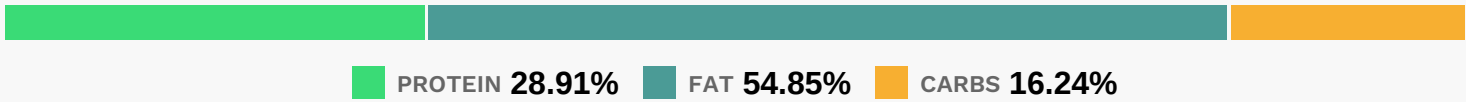
Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In bowl, mix the cornflakes, egg, bread crumbs, and parsley. Set the topping aside.
- ☐ Heat the butter in a large saucepan over medium heat.
- ☐ Add the leek, carrot and onion and cook, stirring, until tender.
- ☐ Add the wine and reduce by half.
- ☐ Add the stock and potato and bring to a boil. Lower the heat and simmer until the potato is tender.
- ☐ Add the haddock, and salmon and simmer, covered, until just cooked through, about 5 minutes.
- ☐ Add the cream and cilantro and bring to a boil. Stir in the lemon juice. Season with salt and pepper, to taste.
- ☐ Ladle the fish mixture into 4 (6-inch) round ovenproof bowls or ramekins.
- ☐ Sprinkle with the topping and bake until lightly browned, about 10 minutes.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:81.9, Glycemic Load:8.36, Inflammation Score:-10, Nutrition Score:38.777826143348%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 764.88kcal (38.24%), Fat: 45.15g (69.46%), Saturated Fat: 26.38g (164.86%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 27.35g (9.95%), Sugar: 5.7g (6.33%), Cholesterol: 338.3mg (112.77%), Sodium: 1268.86mg (55.17%), Alcohol: 3.09g (100%), Alcohol %: 0.62% (100%), Protein: 53.54g (107.07%), Selenium: 82.34µg (117.64%), Vitamin B12: 6.22µg (103.71%), Vitamin A: 4103.8IU (82.08%), Phosphorus: 761.89mg (76.19%), Vitamin B3: 13.91mg (69.56%), Vitamin B6: 1.24mg (62.17%), Vitamin D: 7.61µg (50.74%), Vitamin B2: 0.64mg (37.55%), Potassium: 1279.99mg (36.57%), Vitamin K: 34.86µg (33.2%), Iron: 5.6mg (31.08%), Folate: 119.68µg (29.92%), Magnesium: 92.68mg (23.17%), Vitamin C: 18.78mg (22.77%), Vitamin B1: 0.34mg (22.71%), Vitamin E: 3.23mg (21.57%), Vitamin B5: 1.98mg (19.75%), Manganese: 0.37mg (18.66%), Copper: 0.32mg (15.76%), Calcium: 154.74mg (15.47%), Zinc: 1.81mg (12.06%), Fiber: 2.73g (10.91%)