



Rosti-topped fish pie

READY IN



40 min.

SERVINGS



2

CALORIES



557 kcal

Ingredients

- ☐ 300 g potato halved
- ☐ 250 g coley fillets skinless frozen for coley (look out)
- ☐ 300 ml milk
- ☐ 50 g butter
- ☐ 1 leek finely sliced
- ☐ 25 g flour
- ☐ 2 tbsp parsley chopped
- ☐ 2 tsp dijon mustard

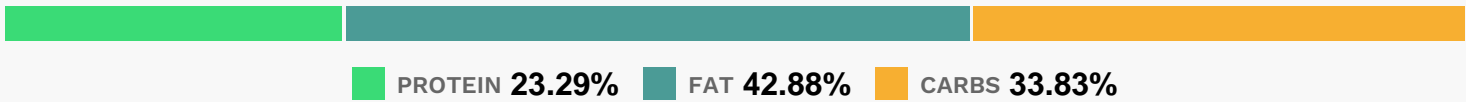
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Cook the potatoes in boiling salted water for 5–7 mins, until almost tender but firm enough to grate.
- ☐ Drain and refresh under cold running water.
- ☐ Put the coley in a shallow saucepan and pour over the milk. Bring to a simmer and cook for 5 mins.
- ☐ Drain the fish, reserving the milk, then set aside.
- ☐ Heat half the butter in a medium saucepan, add the leek, then cook for 5–6 mins until softened. Stir in the flour for 1 min, then remove from the heat. Gradually add the milk, stirring well between each addition. Return to the heat and stir until the sauce comes to the boil. Simmer for 2 mins, then stir in the parsley and mustard.
- ☐ Heat the grill to high. Flake the fish into large chunks, fold into the sauce, then place in a small ovenproof dish. Coarsely grate the potatoes. Melt the remaining butter, toss with the potatoes, season and scatter over the dish.
- ☐ Place under a medium grill for 5–10 mins until the potatoes are golden and tender.

Nutrition Facts



Properties

Glycemic Index:129.5, Glycemic Load:11.47, Inflammation Score:-9, Nutrition Score:30.358695527782%

Flavonoids

Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 556.63kcal (27.83%), Fat: 26.73g (41.12%), Saturated Fat: 16g (99.99%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 43.42g (15.79%), Sugar: 11.26g (12.52%), Cholesterol: 126.06mg (42.02%), Sodium: 380.31mg

(16.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin K: 90.04µg (85.75%), Selenium: 51.7µg (73.86%), Phosphorus: 544.18mg (54.42%), Potassium: 1558.83mg (44.54%), Vitamin A: 2001.34IU (40.03%), Vitamin B6: 0.77mg (38.62%), Vitamin B12: 2.02µg (33.59%), Vitamin C: 24.56mg (29.77%), Vitamin B1: 0.44mg (29.46%), Manganese: 0.56mg (28.13%), Magnesium: 111.57mg (27.89%), Vitamin B3: 5.47mg (27.35%), Calcium: 267.8mg (26.78%), Vitamin B2: 0.43mg (25.4%), Folate: 93.98µg (23.5%), Iron: 3.4mg (18.91%), Vitamin D: 2.83µg (18.84%), Fiber: 4.03g (16.12%), Copper: 0.32mg (15.92%), Vitamin B5: 1.36mg (13.62%), Vitamin E: 1.94mg (12.9%), Zinc: 1.93mg (12.85%)