



## Spiced fish & mussel pie

READY IN



75 min.

SERVINGS



6

CALORIES



655 kcal

### Ingredients

- ☐ 750 g parsnips cored peeled cut into large chunks
- ☐ 500 g potatoes peeled cut into medium chunks
- ☐ 85 g butter
- ☐ 300 ml fish stock fresh
- ☐ 1 kg mussel fresh scrubbed
- ☐ 1 large onion chopped
- ☐ 1 tbsp curry powder
- ☐ 50 g flour plain
- ☐ 400 ml coconut milk canned
- ☐ 750 g icelandic cod fillet cut into large cubes

- ☐ 100 g tiger prawns cooked
- ☐ 1 pack coriander fresh chopped

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ colander

## Directions

- ☐ Boil the parsnips and potatoes for 15–20 mins until tender.
- ☐ Drain and mash well with 25g/1oz butter and seasoning. Cover and set aside.
- ☐ Bring the stock to the boil in a large pan. Tip in the mussels, cover and leave to steam for about 3 mins, or until the shells open.
- ☐ Drain into a colander set over a large bowl to reserve the stock.
- ☐ Remove and throw away the shells and any un-opened mussels. Cover the cooked mussels to stop them drying out.
- ☐ Melt the remaining butter and fry the onion until softened. Stir in the curry powder and fl our, and cook for about 1 min.
- ☐ Pour in the coconut milk and 3–4 tbsp of the reserved mussel stock and stir well until you have a smooth sauce. Leave to simmer for 5 mins until thickened.
- ☐ Add the cod to the sauce, return to a simmer and cook for 3–4 mins, stirring occasionally, but trying not to break up the cod. Stir in the mussels, prawns and coriander, season, then tip into a large ovenproof dish.
- ☐ Spread the parsnip mash over the top.
- ☐ To serve now heat the grill and grill until the mash is golden and crusty. To eat later cool, cover, then chill for a couple of hours. To serve, heat oven to 200C/ fan 180C/gas 6 and bake for 35–40 mins until hot all the way through.

## Nutrition Facts



 **PROTEIN 25.14%**  **FAT 42.63%**  **CARBS 32.23%**

Properties

Glycemic Index:62.46, Glycemic Load:25.87, Inflammation Score:-8, Nutrition Score:41.707826179007%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 654.54kcal (32.73%), Fat: 31.51g (48.47%), Saturated Fat: 22.3g (139.34%), Carbohydrates: 53.61g (17.87%), Net Carbohydrates: 43.16g (15.69%), Sugar: 10.08g (11.2%), Cholesterol: 129.01mg (43%), Sodium: 689.52mg (29.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.81g (83.61%), Manganese: 4.5mg (224.8%), Vitamin B12: 11.6µg (193.3%), Selenium: 94.72µg (135.31%), Phosphorus: 704.69mg (70.47%), Vitamin C: 49.67mg (60.21%), Potassium: 1915.63mg (54.73%), Folate: 179.83µg (44.96%), Fiber: 10.45g (41.82%), Vitamin B6: 0.81mg (40.4%), Magnesium: 160.89mg (40.22%), Iron: 7.23mg (40.17%), Vitamin B3: 7.78mg (38.88%), Vitamin B1: 0.51mg (34.11%), Vitamin K: 33.34µg (31.75%), Copper: 0.62mg (31.12%), Vitamin E: 4.11mg (27.43%), Vitamin B2: 0.42mg (24.89%), Zinc: 3.73mg (24.84%), Vitamin B5: 1.87mg (18.73%), Calcium: 148.03mg (14.8%), Vitamin A: 607.1IU (12.14%), Vitamin D: 1.14µg (7.61%)