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SMOKED HADDOCK AND POTATO PIE

Smoked Haddock and Potato Pie is a traditional fish pie with a golden topping of mashed potato.

Serves 6

Per serving 268 kcal/1.8g fat

Preparation time 10 minutes

Cooking time 50 minutes

INGREDIENTS

2 baby leeks, finely chopped
2 garlic cloves, crushed
2 tsps finely chopped fresh thyme
450ml skimmed milk
2 tbsps plain flour
150ml white wine
2 - 3 tsps mild course grain mustard
1 tbsp chopped fresh parsley
700g potatoes, peeled
2 tbsps fat-free Greek yogurt
700g naturally smoked haddock
vegetable stock cube
freshly ground black pepper
zest of 1 lemon plus dill to garnish

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Preheat a non-stick saucepan. Add the leeks, garlic and thyme, stirring well. Reduce the heat and add 3 tbsps of milk. Sprinkle the flour over, then stir it in quickly to form a roux. Cook for 1 minute to allow the flour to 'cook out', then gradually mix in the remaining milk.
3. Add the wine, mustard and parsley bringing the sauce to a gentle simmer. Simmer for 10 minutes, stirring occasionally.
4. Meanwhile, boil the potatoes in a saucepan with a vegetable stock cube until well cooked. Drain and mash well until smooth, adding the Greek yogurt and seasoning well with plenty of black pepper.
5. Skin the fish by pulling the skin from the thickest part in the direction towards the tail – it should come away quite easily.
6. Cut the fish into chunks, checking it for bones, and place in the bottom of an ovenproof dish. Cover with the sauce.
7. Using a fork, smooth the potatoes on top. Bake in the oven for 30 - 40 minutes until golden.
8. Just before serving, garnish with lemon zest and a little chopped dill.



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Try to buy naturally smoked fish, which is pale yellow in colour. The bright yellow fish often sold in supermarkets has been dipped into a coloured chemical flavoured dye to give a smoked flavour.

