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by ewfood

Lemon Fish Pie



Ingredients

500g boneless fish
1tbsp parsley leaves, finely chopped
3 hard-boiled eggs, quartered
4 cups mashed potato, seasoned
3-4 tbsp lemon juice
For white sauce:
3 cups milk
70g butter
½ cup flour
½ tsp mustard powder
Pinch nutmeg
Salt
Black pepper, ground

Preparation

1. For the white sauce:
2. In a pot, melt the butter and add flour as soon as it begins to foam. Stir over heat for about a minute. Then add mustard powder and nutmeg.
3. Gradually whisk in milk, until thick. Then season to taste. This should make 3 ½ cups.
4. Then mix lemon juice and parsley. Pour half the sauce into a baking dish. Cover with fish and eggs. Then pour over the rest of sauce.
5. You can cover with a layer of mashed potato. Then bake at 220 C for 30 minutes. The sauce will start to bubble and the potato will turn into golden on top.

Cooks Note