Low Carb Fish Pie

Per Serving: 607 calories, 9g of carbs, 38.5g of protein, 45g of fat
Serves 4 *– counted on the app SENZA*

Tip: Ask your fish monger to remove skin and slice the fish into smaller pieces for you.

Ingredients

- 500g of fish chopped to bite sized pieces
- 50g of celery sliced finely
- 50g of leeks sliced finely
- 80g of carrot chopped to small cubes
- 3 cloves of garlic crushed
- 2 tbsp of butter
- 2 tbsp of fresh or frozen parsley (2g)
- 1 tsp of seaweed flakes
- 1 tbsp of dried or fresh dill
- 50g of cheddar cheese
- 200ml of double cream
- 1/2 tsp of boullion + 200ml water

Topping
50ml of cream
600g of cauliflower cooked well and mashed
1 tbsp of butter
50g of cheddar cheese

Directions

1. Firstly set the cauliflower to steam for 10 minutes while you prepare the rest of your ingredients. Once ready set aside.
2. Add 2 tablespoons of butter to the pan and melt before adding the leeks, garlic, celery and carrot. Cover with a lid or plate to allow the vegetables to sweat until the celery and carrots begin to soften (about 6-7minutes)
3. Once the vegetables have started to soften, pour in the stock followed by the cream. Bring to a simmer before adding in the cheese and then fish.
4. Next add your parsley, dill, seaweed and a good pinch of black pepper. Bring back to a simmer, cover with a lid or plate and cook on a very low setting for 5-6 minutes.
5. While the fish is cooking preheat the oven to 180°C. Then mash your cauliflower, butter, cream and cheese together to form your topping. A hand blender will make it nice and creamy like potatoes.
6. Use a quiche dish to layer your creamy fish sauce and cauliflower topping. Return to the oven for 15-18 minutes until the tops starts to brown.
7. Serve with a side salad and enjoy ☺