



Recipe

swish fish pie sauce

Below is our recipe for the creamy sauce we use in our new gluten free swish fish pie. It could be used in lots of other ways but we suggest pouring it on top of your favourite fish (even prawns!) and topping with cooked potato (sliced, mashed, crushed...whatever takes your fancy) and then some grated cheese. Finish by baking until hot, golden and bubbling.

Ingredients

50g butter
a glug of cooking oil
½ white onion -diced
½ leek - diced
1 fennel - diced

pinch of fennel seeds
2 garlic cloves - finely chopped
20g gluten free flour
1 litre whole milk
1 fish stock cube
10g dill - finely chopped

150ml double cream
100g sweetcorn
100g frozen peas
1 lemon - juiced
3 spring onions - shredded
1tbsp wholegrain mustard

Method

Add half the butter with the oil to a pan on medium heat, and wait for it to get hot.

Add diced onions, leeks and fennel, and cook gently for 15 minutes, gently stirring now and then to allow for caramelising. Wait until veg has started to go golden.

Add fennel seeds and allow to infuse for 5 minutes. Add garlic and the remaining butter, allowing butter to just melt. Add flour and mix well to make a roux.

Add milk in quarter amounts, mixing well between each addition to ensure a smooth sauce.

Add fish stock, cream, wholegrain mustard, sweetcorn. Allow to simmer until it slightly reduces and sauce has thickened, stirring now and then to ensure it doesn't stick to the bottom of the pan.

Add peas, lemon juice, shredded spring onions and chopped dill. Your sauce is now ready to be spooned onto fish to be baked as a fish pie, or used for any other dish you choose to make!

Please note: This recipe is correct at the time of publication on 06/03/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

E. hello@nurserykitchen.co.uk T. 01245 808080
nurserykitchen.co.uk @nurserykitchen