

## Indian Style Fish Pie

- 2 tbsp ghee (swap for olive oil if watching calories)
- 1 onion, roughly diced
- 2 large garlic cloves, peeled
- 25g ginger, peeled
- 1 red birds eye chilli
- 1/2 tbsp. black mustard seeds
- 1 tbsp cumin powder
- 1 tbsp. dried curry leaves
- 1 tsp. turmeric
- 10 cloves
- 2 carrots, finely diced
- 400ml-600ml coconut milk (opt for light if watching calories)
- Juice of half a lime
- 20g fresh coriander, chopped
- 800g fresh fish, I used cod and salmon
- 150g optional prawns (10 large)
- Sea salt & black pepper

### Masala Mash

- 6 large potatoes, peeled, boiled and mashed or put through a ricer
- 100ml ghee, melted
- 20g ginger; puréed
- 1 tsp cumin seeds
- 1 heap tsp. garam masala
- 1 tsp. turmeric
- 100ml milk
- Sea salt & black pepper

### Method

- Pre-heat the oven to 200 degrees.
- Make the Masala mash first. Heat the ghee and add the ginger, and cumin seeds, stir and cook until you smell and aroma. Add the garam masala, turmeric and a teaspoon each of salt and pepper. Mix well. Add the mashed potato and milk, mix until well combined. Cover and set aside.
- Heat the oil and tablespoon of ghee, add onions, chilli, ginger and garlic (whole). Cook until softened.
- Add the mustard seeds. Once they start to pop add the cumin, curry leaves, turmeric, cloves and season well. Cook for a further minute then blend into a smooth paste. Set aside.
- Add the carrots to the paste pan and sauté until softened, place into the oven dish.
- Pour the coconut milk into the same pan, add the pieces of fish whole and prawns and poach until the fish flakes easily. Pour enough milk to cover your fish. The prawns cook more quickly so add these after a minute or two.
- Remove with a slotted spoon and flake evenly over the carrots, removing any bones.
- Add the paste to the coconut milk, whisk this into the milk and let this bubble away until thickened. Season well.
- Squeeze in the lime juice.
- Sprinkle the coriander over this dish before pouring the coconut sauce on top. Be careful not to over fill, mine poured over the edges so maybe place a tray underneath.
- Evenly cover the dish with the mash. Using a fork roughly spread it out and let some bits point up as they will go nice and crisp.
- Place into the oven for around 10-15 minutes, until the mash is crisped and golden.