

Fish Pie Pasta Bake

I was looking for a different way to make a fish pie when I made this, make sure you have a little smoked fish in the pie, it just sets it off.

Serves 6

150g pasta
325ml milk
20g flour
20g butter
1 tsp Dijon mustard
120g strong Cheddar cheese
60g frozen peas
80g (2 good handfuls) spinach
Handful of chopped parsley
600g fish pie mix (I had a mixture of smoked, plain & salmon)

1. Cook the pasta, then drain and cool under cold, running water. Allow to drain.
2. Make the cheese sauce – Put the milk, butter, flour & Dijon mustard into a heavy based pan. Using a whisk, stir everything together over a medium heat until the sauce is thickened and boiling.
3. Remove the pan from the heat, add $\frac{3}{4}$ of the cheese and stir in to melt. Season to taste and stir in the spinach, parsley and frozen peas.
4. Stir the fish and pasta into the sauce, tip into an oven proof dish, roughly level and sprinkle over the remaining cheese.
5. Cook at 190C/375F/Gas5 for 45 to 50 minutes or until the fish is cooked, the sauce is bubbling and the top is golden brown. Serve with salad or extra vegetables.



Hints, Tips and Adaptations

Add prawns, mussels etc is you like.

Try different cheeses to change the flavour – Parmesan, feta or a little blue cheese would work.

Swap the peas for another vegetable.

Use dill or tarragon instead of parsley