

MSC fish pie with mashed parsnip peel and core topping, mixed with eggs and brown dill

Serves 4

400g mixed MSC fish – smoked haddock, salmon and cod	50ml lemon juice
25g butter	75g garden peas, blanched
35g plain flour	1 tbsp Dijon mustard
1 tbsp Fairtrade olive oil	2 tbsp capers, strained and finely chopped
175ml fish or vegetable stock	3 free-range boiled eggs, chopped
2 onions, diced	500g Maris Piper potatoes, washed and chopped
3 garlic cloves, finely chopped	600g parsnips, washed and chopped
½ leek, chopped	25g dill, chopped
400ml milk	170g cheddar cheese, grated
100ml double cream	Salt and pepper
100g Mascarpone cheese	

Preheat the oven to 200°C, fan 180°C, gas 6.

Put the potatoes and parsnips in a pan of salted cold water. Bring to the boil and simmer for 10-12 minutes. Drain and return the potatoes and parsnips to the pan. Cook over a low heat for one minute to remove any excess water. Stir in the butter and a dash of milk, and season with salt and pepper to taste. Mash until smooth and set aside.

Add the fish to a saucepan with the milk, bring to a simmer, and poach for 5 minutes. Set aside the fish, reserving the milk in a jug.

Heat the oil in a large saucepan over a medium heat. Add the onions and leek, and cook for 5-10 minutes until soft. Add the garlic and flour and cook, stirring for 1 minute.

Slowly add the milk and whisk until smooth, then add in the mascarpone cheese, double cream and stock, combine well and cook for a few more minutes until thickened.

Add the fish, capers, peas, eggs dill, mustard and lemon juice, season with salt and pepper to taste, and stir until well combined.

Pour into an oven dish and top with the parsnip potato mash, and scatter over the cheddar cheese

Cook for 35-40 minutes until piping hot. Allow to stand for 5 minutes, and serve with fresh bread and salad.