

FISH, LEEK & POTATO PIE GF DF Low

Gluten Free, Dairy Free, low Salicylate

Serves 4-6

Ingredients:

500g white fish (Basa, Ling, Perch, Whiting)

3 potatoes, peeled and cut into chunks

20g Nuttalex margarine

1 leek, washed, trimmed and thinly sliced

2 celery sticks diced

1 small choko, peeled and diced

1 small can of green beans (or use ~ 150g fresh green beans, diced)

¼ tsp saffron threads

Salt to taste

Canola oil

1 egg yolk

2/3 cup Soy Life vanilla crème yoghurt

400g Genius gluten & dairy free ready-made shortcrust pastry (or make your own pastry)



Method:

Preheat oven to 200° Celsius. Grease a 23cm pie dish

Preparing the pastry

- Follow instructions on the packet....defrost & then leave out of the fridge for 20 minutes before using. Knead the dough and roll out to fit the dish. Ease it into the dish and trim the edges. Bake blind. (ie: put a piece of baking paper over the pastry and fill with uncooked rice or lentils. Bake 10 minutes, remove the paper and filling and bake a further 5 minutes).

Preparing the potatoes

- Microwave, boil or steam potatoes until soft. Mash them with the Nuttalex, egg yolk and salt to taste. (If more liquid is needed use rice or soy milk or home-made elimination stock).

Preparing the filling

- Put oil into a fry pan and cook the fish on the stove for about 10 minutes. Take from the pan and chop it roughly with a knife and set aside.
- Add more oil to the same pan and sauté the leek, celery, choko, beans & saffron for 3-4 minutes
- Add back the fish and cook a further 2 minutes
- Salt to taste and then fold through the soy crème yoghurt and set aside to cool a little

Putting it together

- Place the fish filling in the pre-cooked pastry case and flatten the top
- Spoon the mashed potato over the top, sealing the edges with the potato
- Bake for 20-25 minutes to slightly brown the potato