

**MIXED SEAFOOD BREAD TOPPED PIE**      GF DF Moderate  
Gluten Free, Dairy Free, Moderate amine, Low salicylate  
**Serves 2**

**Ingredients:**

200g fresh salmon  
200g white skinless fish  
100g scallops  
100g calamari  
1 leek, thinly sliced  
1 clove garlic, crushed  
1 ½ Tblsp plain gluten free flour  
1 cup ready-made vegetable stock\*  
¼ cup rice milk  
¼ cup chopped parsley  
1 Tblsp water with ½ tsp citric acid  
Iodized salt to season  
3 cups gluten free breadcrumbs  
Rice bran oil for frying



**Method:**

Preheat oven to 200° Celsius, fan forced  
Lightly grease 2 x 2 cup capacity ramekins or soup mugs

**Preparing the filling**

- Dice the salmon and white fish into 2 cm pieces and chop calamari rings into quarters
- Add oil to a fry pan and sauté the leek and garlic for 5 minutes, stir.
- Stir the GF flour into the mixture and cook for 1 minute
- Remove from the stove and slowly add the combined stock and rice milk, whisking gently until the liquid has combined smoothly
- Return to the heat and stir until the mixture boils and thickens. Simmer for 3 minutes
- Add the salmon, white fish, parsley, water & citric acid, stir and simmer for 5 minutes
- Add the calamari and scallops and simmer for 2 minutes
- Divide the mixture between the 2 cups and top each with half of the GF breadcrumbs
- Place in the oven for 15 minutes.

**To serve:**

- Serve straight away with vegetables or salad of your choice.

\*Stock recipe: <https://glutenfreenutrition.com.au/vegetable-stock/>