



Recipe created by Roberta Asher
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Serves: 8 (3/4 cup per serve)

Time to prepare: 60 mins

Time to cook: 20 mins

Hands on time: 60 mins

Freeze: Yes

Ingredients

High protein mash :

750g desiree potatoes

20g butter *

150ml skim milk *

6 tablespoons skim milk powder

Fish pie filling :

1 bunch chives

200g button mushrooms

1 brown onion

1 tablespoon extra virgin olive oil

Salt (less than ¼ teaspoon) and pepper

100ml white wine

1 x 425g can tuna in springwater

2 weet-bix

2 tablespoons fresh grated parmesan cheese

Béchamel sauce :

40g butter *

2 tablespoons plain flour

500ml skim milk *

NUTRITION INFORMATION

Per 3/4 cup serve

Energy	1371 kJ / 329 cal
Protein	22.4 g
Carbohydrate	29.7 g
Dietary Fibre	4.1 g

* Be aware that butter and skim milk are used in the mash and sauce. So double check that you will have enough of each of these ingredients.



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Method

PREPARE

1. Preheat fan-forced oven to 180°C.

Prepare the mash

2. Wash the **potatoes** well under cold running water and put them in the colander to drain.
3. Wash the **chives** and dry in a salad spinner or colander.
4. Cut the **potatoes** unpeeled into diced sized pieces (2cm).
5. Place the **potatoes** in a large saucepan and add enough cold water to cover the potatoes. Place saucepan over a medium high heat and bring to boil. Once boiling reduce the heat and simmer until the potatoes are tender. This will take about 10- 15 minutes.

Make the filling

6. While the **potatoes** are cooking brush the dirt off the **mushrooms** with a damp cloth.
7. Brush the dirt off the **mushrooms** with a damp cloth. Cut into quarters. If the mushrooms are large cut into 6 or 8 pieces. Put on a plate.
8. Cut the **chives** as finely as you can. Put on the plate with the **mushrooms**.
9. Remove the skin and cut the ends from the **onion** and discard. Chop the remaining onion finely. Put on the plate.
10. Over the sink drain the liquid from the **tuna** using a colander.
11. In a frying pan heat the **extra virgin olive oil** over a medium high heat, add the **onions**, **pepper** and a small amount of **salt** and cook for ~ 2 minutes until they begin to soften. Add the **mushrooms** and continue to cook for ~4-5 minutes tossing and stirring until the mushrooms and onions are golden.
12. Slowly add the **white wine**, simmer until most of the wine has gone, add the **chives**.
13. Turn off the heat, add the tuna and mix.

Make the béchamel

14. To make the béchamel put the **skim milk (500ml)** in a jug and microwave on high for ~ 2 minutes or until the milk is warm.
15. Melt the **butter (40g)** in a saucepan over a medium heat. Add the **flour** and stir over the heat for about 2-3 minutes (called a "roux", pronounced roo).
16. Slowly add the **skim milk** and stir continuously until all of the milk has been added. Stirring well will avoid lumps forming. Add some **pepper** and a small amount of **salt**.
17. Add the sauce to the tuna and mushroom mix and spread out in a casserole or deep pie dish.

Finish the mash

18. When the **potatoes** are cooked, drain in a colander. Add the **skim milk (150ml)** and **skim milk powder** to the saucepan and place over a low heat. Add the potatoes and **butter (20g)** and mash until smooth. Taste and add a little salt if needed.

Assemble and bake the pie

19. Spread the **mash** over the top of the **fish mixture**. Crush the **weet-bix** in your hand and sprinkle it on top of the mash then top with the **grated parmesan cheese**.
20. Bake in a 180°C oven for 20 minutes until golden on top.

