

White Fish Pie

Makes 8 pies, 197 cal per pie
2 pies = 1 serve, 394 cal per serve

Base:

4 sheets of Mountain Bread Rice Wraps
Extra Virgin Olive Oil Spray

Filling:

500g of white fish (eg Ling or Basa)
1 can of Carnation Light Evaporated Milk
2/3 cup of skim milk
1 pot of Continental Vegetable Stock (or 1 vegetable stock cube)
2 cups of frozen or fresh peas, corn and carrot
1 large onion, sliced
1 teaspoon of extra virgin olive oil
2 tablespoons of cornflower

Preheat oven to 200°C

Cut mountain bread into ¼'s. Spray the pieces with oil and lay 2 pieces in the base of a muffin case pan.

Bake for 10 mins until base is crispy.

Place oil in sauce pan, sauté onion. Add diced fish, milk and stock pot/cube and simmer until fish is just cooked (around 6-7 mins). Add vegetables and cook until vegies are soft. Add the carnation milk, keeping a small amount to mix with cornflour. Once the mix is hot again, add cornflour slowly, stirring constantly to avoid lumps. Cook for further 4-5 mins until the cornflour is cooked through. Spoon into the bases and serve.

Variation: use 250gm of fish and 250gm prawns (199 cal per pie)

Filling can be frozen for up to 4 months.

I like to serve with some steamed cauliflower and broccoli or broccolini, with a drizzle of extra virgin olive oil and some parmesan sprinkled on top, or for those who cannot have the cheese, a little garlic and herb salt.