



MINI FISH PIES

WITH GREEN PEA SALAD

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 50 minutes

These tasty mini fish pies feature prawns and hot smoked salmon in bread cups with a crunchy parmesan topping. The easy creamy sauce requires no pre-cooking. So good!



PIES

- 3 eggs
- Cooking oil spray
- 10 slices soft white toast bread (I used high fibre white)
- 200g shelled raw prawns (7oz)
- 150g hot smoked salmon (I used a pepper coated one) (5.3oz)
- 200g lite cream cheese (7oz)
- 1/3 cup milk (80ml)
- 6 Tbsp finely grated parmesan, divided (35g)
- 2 Tbsp aioli
- Fine zest of 1 lemon
- 2 tsp lemon juice
- 2 tsp wholegrain mustard
- 1 tsp chicken stock powder
- 1 Tbsp olive oil

SALAD & DRESSING

- 1/2 cup frozen baby peas (80g)
- 1/2 cup frozen shelled edamame beans (80g)
- 1/3 cup tamari almonds (53g)
- 60g baby or Mediterranean rocket (2.1oz)
- 3 Tbsp shaved or grated parmesan (17g)
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 tsp caster sugar
- 1 tsp wholegrain mustard

1. MAKE PIES

Preheat oven to 180°C (360°F) fan bake. Bring a small saucepan of water to the boil. Carefully lower eggs into water and boil for 8 minutes. Drain well, transfer eggs to a bowl and cover with cold water.

2. Meanwhile, spray 10 holes of 2 x 6-hole Texas muffin pans with cooking oil spray. Use a rolling pin to flatten out the slices of bread a little. Cut the crusts off the flattened bread slices and set these aside for later. Press bread slices into the muffin pans. Bake for 5 minutes, until lightly toasted.

3. Roughly chop prawns and flake salmon. Place cream cheese, milk, 4 Tbsp parmesan, aioli, lemon zest and juice, mustard and stock powder in a medium jug and whisk until well combined. Season to taste with salt and pepper. Peel eggs and cut into quarters. Divide prawns, salmon and eggs between toast cups, then pour creamy sauce over the top.

4. Blitz crusts in a food processor or blender to form breadcrumbs. Mix in oil and remaining 2 tablespoons parmesan. Spoon on top of pies. Bake for 15-20 minutes, until prawns are cooked and pies are golden and crisp on the outside.

5. MAKE SALAD

While pies cook, place peas and edamame in a microwave-safe dish. Microwave for 2 minutes, until warmed through. Roughly chop almonds. Divide rocket between individual serving plates. Top with peas, edamame, almonds and parmesan. Place lemon juice, oil, sugar and mustard in a small jar and shake well to combine. Season to taste with salt and pepper. Drizzle over salad.

6. SERVE

Serve mini fish pies with salad.



WINE MATCH: A Sauvignon Blanc.

MINI FISH PIES RECIPE NOTES

GLUTEN-FREE OPTION: Use the softest gluten-free bread you can find, or use gluten-free wraps instead. Make sure aioli and stock powder are gluten-free.

INGREDIENT SWAPS / NOTES: You can omit the eggs if you prefer. If you don't like seafood, swap the prawns for smoked chicken and the hot smoked salmon for bacon or thick cut ham.

STORING AND REHEATING: Refrigerate pies and salad separately. Dressing will keep at room temperature for a couple of days. Pies are best reheated in the oven (try 180°C/360°F fan bake for 15 minutes). They will go soggy if reheated in the microwave. Dress salad just before serving.