

Easy British Fish Pie

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-fish-pie-recipe-delia>

Ingredients:

- 1 cup fish stock
- 1 cup milk
- 12 ounces fish assorted, pieces, see note below
- 1 bay leaf
- 2 ounces butter
- 1 leek medium, white part only, washed thoroughly and finely sliced
- 2 ounces all purpose flour
- 1 tablespoon fresh parsley finely chopped
- salt to taste
- freshly ground black pepper to taste
- 5 1/2 cups mashed potatoes , warm and creamy
- 1 handful grated cheddar cheese optional

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 135 milligrams
4. Fat: 35 grams
5. Fiber: 7 grams
6. Protein: 32 grams
7. SaturatedFat: 20 grams
8. Sodium: 1570 milligrams
9. Sugar: 8 grams

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