

salmon pie inspired by Jamie Oliver

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fish-recipe-jamie-oliver>

Ingredients:

- 7/8 pound wild salmon
- 3 cups frozen green peas
- 2 1/4 pounds potatoes
- 1 slice butter
- 3 small carrots
- 3 small onions
- 2 garlic cloves
- 2 tablespoons olive oil
- 2 1/8 cups milk
- 2 bay leaves
- 3 tablespoons plain flour
- 1 piece mature cheddar
- 1 tablespoon mayonnaise
- 1 teaspoon mustard
- rock salt natural
- pepper coarse

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 15 milligrams
4. Fat: 12 grams
5. Fiber: 12 grams
6. Protein: 18 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 480 milligrams
9. Sugar: 17 grams

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