

A simple twist on a classic lunchtime dish, packed full of veggies and omega-3.



**EDUCATION SECTOR: Primary**  
**SERVINGS: 10**  
**ALLERGENS: Fish**

## Mediterranean Fish Pie

### Ingredients

#### FOR THE FILLING

160g Red onion  
160g Courgettes  
160g Mixed peppers  
160g Tomatoes  
500ml Water  
[500g KNORR Professional Tomato & Basil Concentrated Sauce](#)  
900g Mixed Fish (salmon & white fish)

#### FOR THE TOPPING

1.6kg Potatoes, peeled and diced  
[20g KNORR Professional Vegetable Bouillon Powder](#)  
100g Chopped kale  
50ml Olive oil



### Method

#### FOR THE FILLING

- Place all the vegetables into a blender and blitz to a small dice.
- Sweat the vegetables in a dry pan for 5 minutes then pour in the water and bring to the boil.
- Add the KNORR Professional Tomato & Basil Concentrated Sauce and cook for 2 minutes until the sauce has thickened.
- Drop in the fish, remove from the heat then pour into an oven dish.

#### FOR THE TOPPING

- Place the potatoes into a saucepan then cover with cold water, add the KNORR Professional Vegetable Bouillon Powder and bring to the boil.
- Cook the potatoes until just soft then add the kale and cook for a further 4 minutes.
- Once soft, remove from the heat, drain well then crush the potatoes and mix through the olive oil.

#### TO FINISH

- Spoon the potato on top of the fish then bake for 15-20 minutes at 170 °C or golden and slightly crisp on top.