BRITISH · DINNER

Sweet Pea Fish Pie with Spinach

80 min · Serves 6 · 517 kcal a serve · Video 7:42 · Jamie Oliver

Pescatarian · No nuts listed

A lighter fish pie with no cream: about 33 g of protein per serve, omega-3 from the salmon, and peas, spinach, carrot and onion worked into both the sauce and the mash for extra fibre and vegetables.

Diet notes: Low saturated fat (5.3 g, 9% of the energy); DASH-friendly (590 mg sodium a serve).

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Ingredients 16 · SERVES 6

- [ ] 300 g **salmon fillet** (fresh or frozen)
- [ ] 300 g **white fish fillet** (fresh or frozen)
- [ ] 500 ml **milk**, for poaching and the sauce
- [ ] 1 kg **potatoes**, peeled and cut into chunks
- [ ] 400 g **frozen peas**
- [ ] 2 **onions**, finely chopped
- [ ] 2 **carrots**, finely chopped
- [ ] a little **olive oil** (about 1 tbsp)
- [ ] 60 g **plain flour**
- [ ] **Dijon mustard**: 1 good tsp mustard
- [ ] 100 g **frozen spinach**
- [ ] 40–50 g **cheddar cheese**, grated (optional)
- [ ] **Lemon juice**: juice of ½ lemon
- [ ] a knob of **butter**, for the mash
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Allergens found in the listed ingredients: Gluten, Fish, Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cover the salmon and white fish with the milk in a pan and simmer gently for about 10 minutes until it flakes. Keep the milk. 0:42
2. Boil the potato chunks for about 15 minutes until tender, add the frozen peas for the last minute, then drain. 1:05
3. Meanwhile, soften the onion and carrot in a little olive oil for about 10 minutes. Stir in the flour and mustard, then gradually add the fish-poaching milk, stirring, until you have a smooth thick sauce. 1:34
4. Stir the frozen spinach into the hot sauce until it melts, then add the grated cheddar, lemon juice, salt and pepper. Break the fish into chunks and fold it into the sauce in a baking dish. 3:06
5. Mash the potatoes and peas with the butter, salt and pepper. Spoon it over the fish in dollops, spread to the edges and rough up the top. 5:12
6. Bake until golden, crisp on top and bubbling at the edges (the video gives no oven setting; Jamie's written version bakes at 180°C for 30–40 minutes). 6:41

> **Tip** Serves about 6 (our estimate). Any mix of sustainable fish works, fresh or frozen. Assemble ahead and keep in the fridge for a day before baking, or freeze unbaked portions.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
517 kcal	33 g	65 g	9.6 g	14 g	590 mg
2,160 kJ	66% of a day	56 g net · 14 g sugars	34% of a day	5.3 g saturated	26% of a day
		24% of a day		18% of a day	

Energy from net carbs 47% · protein 27% · fat 26%

High in (20%+ of a day) Vitamin K 89% · Vitamin B12 85% · Selenium 74% · Omega-3 70% · Vitamin B6 68% · Vitamin A 46% · Vitamin C 43% · Folate 40% · Potassium 36% · Magnesium 33% · Vitamin D 29% · Zinc 25% · Iron 22%

Source of (10–19%) Calcium 19% · Vitamin E 19%

Recipe and video: Jamie Oliver (@JamieOliver) on YouTube — youtube.com/watch?v=GUFKE_iX46E, published 29 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sweet-pea-fish-pie