

INGREDIENTS

- 2 eggs (hard boiled)
- 3 tbsp flour
- Up to 2 cups milk (for sauce)
- 2 tbsp butter (for sauce)
- 1 tbsp butter (for mashed potatoes)
- A few dashes milk (for mashed potatoes)
- Pinch cayenne pepper
- 4 medium potatoes (peeled and diced)
- 1 can tuna (in spring water / brine)
- 1 cup cheese (grated)
- 1/2 cup peas
- Salt & pepper (to taste)

INSTRUCTIONS

1. Preheat the oven to 180 degrees
2. Bring a saucepan of water to the boil and add the potatoes and eggs. Remove the eggs after 10 minutes, run under cold water, peel and set aside. Continue to cook the potatoes until soft. Drain, dry over warm element, then mash with 1 tbsp of butter, a little milk and season with salt and pepper to taste, set aside
3. Meanwhile, in another pot, add butter. When frothing add the flour and cayenne and cook for a couple of minutes stirring often. Add the milk and whisk to combine. Cook this mixture until nicely thickened. Remove and add the tuna, peas, chopped egg and season to taste.
4. Pour the tuna mixture into a dish and top with mashed potatoes, sprinkle over the cheese and bake until golden. Serve hot

TOP TIP

If you don't like tuna you can switch this out for another tinned fish e.g. salmon. You could also used smoked fish, cooked white fish - anything you like!



Tracey's Fish Pie



2 servings



35 minutes

This is one of Brett's family's favourite recipes! Created by his wife Tracey, this is a dish that guarantees clean plates in their house.

Very simple, yet deceptively delicious - this is home comfort food at its absolute finest.