

Fish Pie

Serves 4 – 4.5g Carb per serving

Ingredients:

- 2 Tbl butter/low fat spread
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1/2 cup dry white wine (optional)
- 1 cup chicken/veg stock
- 1/4 cup cream/greek yogurt
- 1 slice raw bacon
- salt & pepper to taste
- 1 Tbl chopped fresh parsley
- 4 oz salmon, 1 inch chunks
- 8 oz white fish, 1 inch chunks (swai, cod, haddock)
- 12 shrimp, peeled & deveined
- 4 cups cauliflower puree (see separate recipe)



Combine butter and onion in a medium saucepan and cook on medium heat for several minutes until the onions have softened but not browned.

Add the minced garlic and cook for about a minute. Pour in the white wine and stock and cook for about 5 minutes. Add the cream/yogurt, raw bacon and simmer for another 5 minutes until the bacon is cooked through and most of the fat is rendered out.

Taste the broth and season with salt and pepper. Add the seafood and chopped parsley and simmer gently for just 2 – 3 minutes – you want it slightly underdone so it won't overcook in the oven. At this point you can add the mixture to one larger casserole dish or four smaller ones. Spread your cauliflower puree over the top of the mixture.

Bake it for 8 – 10 minutes at 375/190 degrees