



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 20 mins

Serves: 4

EASY FISH PIE



INGREDIENTS

- 1 ½ cups coconut yoghurt, natural
- 1 heaped teaspoon wholegrain mustard
- 150g baby spinach
- 1 medium head of broccoli, broken into florets, and steamed
- 15 baby capers
- salt and pepper to taste
- 1 x 100g pkt natural hot smoked rainbow trout fillets, or smoked cape cod
- 1 large sweet potato, peeled, steamed and mashed

METHOD

- Preset oven to 180°C (350°F).
- In saucepan add yoghurt and mustard and heat gently.
- Add spinach, steamed broccoli and fish and cook for 2 minutes, while stirring.
- Pour mixture into loaf size pan and spread mashed potato over the top.
- Place into oven for 10 minutes.
- Serve hot with salad and lemon.