

# Fish Pie (Pastry)

## Ingredients

1 carrot	a bunch of parsley
$\frac{1}{2}$ a celery stick	1 piece of Fish
$\frac{1}{2}$ an onion	1 vegetable cube/fish
$\frac{1}{2}$ lemon	a bunch of Spinach
$\frac{1}{2}$ chilli	50 ml cream
1 garlic	A piece of pastry
$\frac{1}{2}$ tsp plain flour	

## Method

1. Pre heat the oven 180 or gas 5
2. Peel and slice carrot really thin.
3. Cut the celery, chilli, onion and parsley finely
4. Grate the lemon (Zest) and juice the lemon
5. Cut fish into bite size pieces.
6. Pour 150ml of hot water add the stock cube, flour and mix.
7. Fry the carrot, onion, chilli, garlic, celery and push to the side.
8. Add the fish to the side and fry lightly.
9. Add the stock, cream, lemon juice, parsley, zest, spinach and gently.
10. Clear the table and put a little bit of flour.
11. Roll out a piece of pastry the size of the oven proof dish.
12. In an oven proof dish put the mixture at the bottom and then the pastry on top and egg wash.
13. Cook in oven for 15-20 minutes until golden.