

# Gill's Gourmet Gallery

## Salmon fish pie surprise for one!

### Ingredients:

100g frozen salmon fillet  
50g cheddar cheese grated  
200ml semi skimmed milk  
Knob of butter  
3 teaspoons milk mixed with 1 heaped teaspoon cornflour  
Crunch of salt and pepper  
50g frozen peas  
200g mashed potato  
1 egg

### Method:

Place salmon fillet in a small ovenproof dish. Season with crunch of salt and pepper. Pour milk over fish. Add knob of butter. Place in the oven 180c fan for 20 minutes. Lift out of the oven to cool a little. Remove the fish from the milk and flake. Add the cornflour mixture to milk and stir. Add 30g grated cheese and stir. Sprinkle frozen peas evenly in the dish. Top with flaked fish. Using a teaspoon place the mashed potato around the edge of the dish. Sprinkle with remaining cheese. Now crack the egg into the centre of the pie.

Return to preheated oven and bake for 25 minutes.

