



## Trio of Fish Pie



Ingredients	Quantity	Your recipe
<b>Filling:</b>		
Olive oil	10g	
Butter	6g	
Mushrooms, finely chopped	20g	
Spring onions, finely chopped	20g	
Salmon, skinned, boneless, finely chopped	30g	
Haddock, skinned, boneless, finely chopped	30g	
Cod, skinned, boneless, finely chopped	30g	
<b>K-Quik</b>	50g	
<b>Topping:</b>		
Celeriac, diced	50g	
<b>K-Quik</b>	25g	
Butter	8g	
Cheddar cheese, grated	10g	

### Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Add celeriac to a saucepan, cover with water. On a high heat bring to a boil, reduce heat to simmer for 10-15 minutes or until soft, drain well.



### Filling:

3. While the celeriac is cooking; heat oil and butter in a frying pan over a medium heat, add mushrooms and spring onions and fry for 2 - 3 minutes.
4. Add salmon, haddock, cod and fry for a further 4-5 minutes, until cooked.
5. Add **K-Quik**, then bring to the boil and simmer for 5 minutes until liquid reduces.

6. Add filling to a small oven proof dish (4 inches wide x 2 inches deep). Ensure there is no "pooling" of liquid.

### Topping:

7. Add cooked celeriac to a small bowl with **K-Quik**, butter and cheese. Blend to a smooth mash.
8. Add mash to top of filling.
9. Cover pie loosely with tinfoil and bake in oven for 20 minutes.
10. Once cooked, remove from oven and allow to cool slightly before serving.

## For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

**Always check with your dietitian about what is best suited to your requirements.**



1. Repeat steps 1-9 of IDDSI level 7 method.
2. Transfer to a jug, add 40ml boiled water and blend until a smooth thick purée is achieved.



1. Repeat steps 1-9 of IDDSI level 7 method.
2. Transfer to a jug, add 80ml of boiled water and blend until smooth.



K-Quik is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.

