

Fish Pie

Meal course: Main

Meal type: Fish

Country of origin: Nigeria

Difficulty: Medium

Servings: 6

Total time: 25 minutes

Ingredients

For the fish pie filling:

1 stock cube (bouillon cubes)
 1 TSP thyme
 0,5kg white fish fillets, cleaned, deboned
 1 TSP garlic powder
 1 small onion, chopped
 1 TSP curry
 salt, to taste
 a bit of water

For the fish pie dough/pastry:

vegetable oil, for frying
 350g flour
 1 TSP salt
 100g margarine
 1 TSP baking powder
 1 egg

Nutrition Facts

	Amount per serving
Calories	500
Total Fat	20g
Saturated Fat	4g
Total Carbohydrate	57g
Dietary Fiber	3g
Total Sugars	1g
Protein	21g
Cholesterol	60mg
Vitamin D	268IU
Calcium	158mg
Iron	4mg
Potassium	650mg
Sodium	1460mg

Instructions

1. Add all fish pie filling ingredients to a pot and cook until fish is cooked through. Once done, take it out along with few cooked onions and leave for few minutes. Then remove the bones from fish and mash it.
2. Add in 350 g flour, 1 tablespoonful baking powder, 1 tablespoonful salt and mix well.
3. Add 100 g margarine and whisked egg to a separate bowl. Mix well, adding cool water bit by bit until you have a firm dough.
4. Knead the dough and allow to stand for 10 minutes. Then place the dough on a flat surface, cut out a bit and roll flat by using a rolling pin.
5. Cut into rectangle/square or any of your desired shape. Place mashed fish mixture in the center of dough and fold one end of the dough to meet other end. Seal the end by using the fork tip. Repeat with the remaining dough.
6. Preheat oil in a man and dry fish pieces, until browned.
7. Once all are done, drain well on a clean paper to remove excess oil.

Notes: the recipe contains good fats, loads of vitamins and is very rich in minerals. You can also use any fish type for this recipe.