

Less than 45 minutes

Serves 4

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Ingredients:

- 1 box (450g) Sea Harvest Hake Medallions, slightly defrosted
- Salt
- 1 cup (250ml) milk
- ¼ cup (60ml) McCain Garden Peas
- ¼ cup (60ml) McCain Sweet Corn
- 1 bag (750g) McCain Sweet Potato
- ½ cup (50g) butter
- ¼ cup (60ml) milk
- ½ cup (125ml) grated cheese, for garnishing

Bechamel sauce:

- 1 Tbsp (15ml) butter
- 1 heaped Tbsp (about 20 ml) flour
- 1 cup (250ml) milk
- Salt

Method

1. Preheat oven to 180°C.
2. Cut medallions into 5-6 bite-sized chunks each and season.
3. Spoon fish between 4 ramekins.
4. Divide frozen peas and corn between ramekins, leaving enough space for sauce and mash.
5. Heat a medium-sized pot filled halfway with water and bring to a boil.
6. Add sweet potato pieces and cook until soft.
7. Drain and let steam in pot for 2 minutes to get rid of any excess water.

8. Add milk and butter and mash until smooth. Season.
9. For sauce, heat a small pot over medium-high heat.
10. Melt butter, add flour and stir continuously for 2 minutes.
11. Add half of milk while whisking. Once incorporated, add remaining milk and mix until smooth.
12. Bring to a simmer, still whisking, to allow sauce to thicken. Remove from heat and season to taste.
13. Pour sauce into ramekins, leaving space for mash topping.
14. Scoop spoonfuls of sweet potato mash into ramekins to top the pies and press down around the edges using the back of a spoon to seal.
15. Fluff up the top with a fork and top each pie with grated cheese.
16. Bake for 20 minutes then grill for 5 minutes until cheese is golden and bubbling.
17. Cool pies for at least 5 minutes, then serve.

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