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
- ¹/₄ cup (60ml) McCain Garden Peas
- ¹/₄ cup (60ml) McCain Sweet Corn
- 1 bag (750g) McCain Sweet Potato
- ⅓ cup (50g) butter
- ¼ cup (60ml) milk
- $\frac{1}{2}$ 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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