

Less than 30 minutes

Serves 4

IMAGE CREDIT Stylist: Liezl Vermeulen Photographer: Toby Murphy

Swap out potatoes for sweet potatoes, if you prefer.

Ingredients:

- 8 (750g) potatoes, peeled and quartered
- 500g haddock, defrosted (or any flaked fish will do)
- 1½ cups (375ml) milk + extra for mash
- 2 Tbsp (30ml) cornflour
- Salt and milled pepper
- Butter for frying, mash and baking
- 1 packet (300g) leeks, sliced
- 1 small head broccoli, cut into florets
- 1 cup (250ml) frozen peas
- Handful fresh parsley, chopped

Method:

1. Boil potatoes until tender.
2. Drain and keep warm.
3. Place fish and milk in a pan and simmer until just cooked.
4. Remove fish.
5. Whisk cornflour into warm milk and cook until sauce thickens. Season.
6. Heat a knob of butter in a pan and sauté leek until soft.
7. Steam broccoli until just tender.
8. Flake fish using two forks, and discard skin and bones.
9. Mix flaked fish, sauce and cooked vegetables together and spoon into an ovenproof dish.
10. Mash potatoes with milk and butter. Season well.
11. Pile mash on top of filling and dot with butter.
12. Bake at 200°C for 20 minutes or until golden and bubbling.