Less than 45 minutes

Serves 4

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Ingredients:

- 1 cup (250g) butter + 2 Tbsp (30ml) extra for brushing
- 1 onion, finely diced
- 1 cup (250ml) flour
- 2 cups (500ml) full-cream milk
- 2 cups (500ml) fish stock
- 2 Tbsp (30ml) English mustard powder (or Dijon or wholegrain)
- Salt and milled pepper
- 1kg hake, defrosted and cut into cubes
- 2 Tbsp (30ml) chopped parsley
- 6 sheets phyllo pastry, defrosted

Method:

- 1. Melt the cup of butter in a large pot over a low heat.
- 2. Add onion, cover and sweat for 4 minutes until onion is soft.
- 3. Add flour and stir over a medium heat for 3 minutes.
- 4. Whisk in milk and stock, add mustard and simmer until thickened slightly.
- 5. Season and add fish.
- 6. Cook for 12 minutes or until fish is opaque and firm, then stir through parsley.
- 7. Preheat oven to 180°C. Melt 2 Tbsp butter.
- 8. Spoon fish into an ovenproof dish.
- 9. Top with phyllo pastry and brush with melted butter.
- 10. Bake for 20-25 minutes, until pastry is golden and crispy.