

Less than 45 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

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.