

MINI FISH AND VEGETABLE PIES

Hands-on time: 20 minutes

Total time: 30 minutes

Makes: 4 servings

Ramekins filled with bubbling creamy sauce, flaky mild fish and fluffy mashed potatoes are the epitome of comfort. For a twist, substitute sweet potatoes for the russets, following the same cooking instructions.

- 2 tsp unsalted butter
- 2 cups sliced leeks (white and light green parts only)
- ½ cup diced carrot
- ½ cup diced celery
- 3 cloves garlic, minced
- 2 tbsp all-purpose flour
- ¾ cup sodium-reduced vegetable broth
- ¼ cup milk
- 300 g cod or other firm whitefish fillet, cut in 1-inch (2.5 cm) chunks
- ½ cup frozen peas
- 2 tbsp chopped fresh dill
- 4 tsp lemon juice
- 2 tsp Dijon mustard
- ¼ tsp each salt and pepper

Mashed Potato Topping:

- 2 russet potatoes (about 500 g)
- ¼ cup milk
- 2 tsp prepared horseradish
- pinch each salt and pepper

In Dutch oven, melt butter over medium heat; cook leeks, carrot, celery and garlic, stirring occasionally, until beginning to soften, about 5 minutes.

Add flour; cook, stirring, for 1 minute. Whisk in broth and ¼ cup water; cook, whisking, until slightly thickened, about 2 minutes. Whisk in milk. Remove from heat; stir in cod, peas, dill, lemon juice, mustard, salt and pepper.

Mashed Potato Topping: Meanwhile, prick potatoes all over with fork. Microwave on high until fork-tender, about 7 minutes. Set aside until cool enough to handle. Peel potatoes; mash with milk, horseradish, salt and pepper.

Divide cod mixture among four 1-cup (250 mL) ramekins. Spoon potato mixture over each, smoothing tops. Bake on rimmed baking sheet in 425°F (220°C) oven until filling is bubbly, about 10 minutes.

PER SERVING: about 257 cal, 19 g pro, 4 g total fat (2 g sat. fat), 38 g carb (4 g dietary fibre, 6 g sugar), 40 mg chol, 392 mg sodium, 1,000 mg potassium. % RDI: 11% calcium, 21% iron, 42% vit A, 47% vit C, 30% folate. ●

