



Mediterranean Seafood Pie

NIBBLEDISH CONTRIBUTOR

Ingredients

For 3-4:

- 1 cod fillet, skinless, boneless and chopped
- 150g scallops
- 200g can chopped tomatoes
- Half an aubergine, diced
- Half a courgette, diced
- Half a red onion, chopped
- 1 spring onion, chopped
- 2 pineapple rings, chopped
- 3 tbsp pineapple juice
- 1 tbsp soy sauce
- 1 tbsp honey
- Juice and zest of half a lemon
- 1 tbsp thyme
- 1 large potato, chopped
- 4-6 broccoli florets, chopped
- 1 garlic clove, grated
- Bit of butter
- Bit of milk

Instructions

1. Boil the potatoes in salted water, then leave to simmer. Add in the broccoli after about 10 minutes. Simmer for another 10 minutes, then drain and keep warm.

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2. Meanwhile, fry the red onion for a couple of minutes, then add the chopped tomatoes, cod and scallops. Mix in the soy sauce and honey, simmering for 5 minutes.
 3. Add the rest of the veg, followed by the pineapple, juice, lemon and thyme. Cook for another 5 minutes until everything is nice and hot, before transferring to a pie dish.
 4. Tip the garlic, milk and butter into the potato and broccoli pan, and mash well. Spoon atop your pie filling and grill for 5-10 minutes.