5-INGREDIENT FISH AND CHIPS PIC Serves 4 INGREDIENTS 1 box (6 fillets) frozen Sea Harvest Oven-Crisp Lightly Seasoned Fish Fillets

1 sheet shortcrust pastry, defrosted

1 cup cream

1½ cups grated Ladismith Cheddar Cheese ¾ pack (560g) McCain Steakhouse Cut Crispy Oven Chips Salt and pepper, to season (optional)

Serving suggestion:

Cooked Peas Lemon wedges Fresh parsley

METHOD

- 1. Preheat the oven to 200°C and line a large baking tray with baking paper. Arrange the Sea Harvest Oven-Crisp Lightly Seasoned Fish Fillets on the tray.
- 2. Roll the sheet of pastry onto a floured surface and roll thinly, about ½cm thick. Carefully lay it out over a round quiche dish and press into the sides of the dish using your hands. Cut off the excess pastry neatly and prick the bottom with a fork.
- 3. Place a large piece of baking paper over the pastry and fill with dried beans or rice to weigh down the pastry. *Chef's Tip: This is called blind baking, and prevents the pastry from shrinking.
- 4. Pre-bake the pastry as well as the fish in the oven for about 15 minutes. The fish should be golden and crispy.
- 5. In the meantime, prepare the sauce. Warm the cream in a small pot over a medium heat until it reaches boiling point and remove from the heat. Immediately add 1 cup of cheese to the hot cream. Stir until the cheese has melted and you have a thick cheesy sauce. Season with salt and pepper to taste.
- 6. Remove the beans and baking paper from the top of the pastry. *Chef's Tip: When the beans have cooled, add it to a container and label it clearly. They can be used again!
- 7. Cut the fish fillets in large chunks and arrange it in the pie casing. Pour the cheese sauce over the fish. Layer the McCain Steakhouse Cut Crispy oven Chips on top. Bake for about 20 minutes until the chips are golden and crispy.
- 8. Sprinkle the remaining cheese (½ cup) on the top of the chips.
- 9. Bake in the oven for another 5-10 minutes until golden. Serve with cooked peas and lemon wedges. Garnish with parsley and ENJOY!

