

Keto Fish Pie

Hands-on 30 minutes Overall 75 minutes

Nutritional values (per serving): Total carbs: 11.5 g, Fiber: 3.7 g, **Net carbs: 7.8 g**,

Protein: 38 g, Fat: 46.5 g, Calories: 615 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 4 large eggs
- 1 large cauliflower (1 kg/ 2.2 lb)
- 1/4 cup + 2 tbsp butter or ghee - you can make your own ghee (85 g/ 3 oz)
- 2-3 fillets white fish such as haddock or cod, skinless (300 g/ 10.6 oz) - I used some smoked
- 2 fillets salmon, skinless, preferably wild (220 g/ 7.8 oz)
- 2 fillets mackerel, skinless (180 g/ 6.3 oz)
- 1 medium red onion (100 g/ 3.5 oz)
- 2 bay leaves
- 4 cloves or 1/4 tsp ground cloves
- 1 cup heavy whipping cream (240 ml/ 8 fl oz)
- 1/2 cup water (120 ml/ 4 fl oz)
- 1 tsp Dijon mustard (you can make your own)
- 1/8 tsp ground nutmeg
- 1 cup + 1/2 cup cheddar cheese, shredded (170 g/ 6 oz)
- 4 tbsp freshly chopped chives
- fresh parsley or more chives for garnish
- 1/2 tsp salt or to taste (I like pink Himalayan salt)
- freshly ground black pepper to taste

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

- Start by cooking the eggs.** Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water - be careful not to get burnt. This will prevent the egg from cracking as the temperature change won't be so dramatic. To get the eggs hard-boiled, you need round 10
- minutes. This timing works for large eggs. When done, remove from the heat and place in a bowl filled with cold water. I like and always use this egg timer! Peel the eggs and set aside.
- Prepare the cauliflower topping.** Wash the cauliflower and cut into smaller florets. Place on a steaming rack inside a pot filled with ~ 2 inches of water. Bring to a boil and cook for about 10 minutes. Do not overcook. Place the cooked cauliflower into a blender add 1/4 cup of butter and 1/4 tsp salt. Process until smooth and creamy. When, set aside.
- Poach the fish.** Preheat the oven to 200 °C/ 400 °F. Remove the skin from the fillets (mackerel skin doesn't need to be removed) and dice into medium-large (~ 2 inch) pieces. Place the fish in a deep pan and pour in the cream and water.
- Peel and finely dice the onion and add to the pan together with the bay leaves and cloves. Add 1/4 tsp salt and bring to a boil and simmer on low for 8-10 minutes.
- Using a slotted spoon, transfer the fish into a baking dish deep enough to fit the fish and cauliflower topping. **Prepare the sauce.** Simmer the fish & cream sauce over a medium heat. Add the remaining 2 tablespoons of butter, ...
- ... nutmeg and Dijon mustard. Simmer for about 5 minutes until it starts to thicken. Turn off the heat. Discard the spices (bay leaves and whole cloves if used). Add 1 cup of shredded cheddar cheese and stir until melted and thickened.
- Layer the fish pie.** Halve and quarter the eggs and place them in the baking dish on top of the cooked fish. Pour the cream & cheese sauce over the eggs and fish.
- Sprinkle with chopped chives or spring onion. Top with the cauliflower mash. Using the tines of a fork, create a decorative pattern on top.
- Top with the remaining 1/2 cup of shredded cheddar and place in the oven. Cook for 30-35 minutes or until the top is golden brown.
- When done, turn off the oven and place on a cooling rack for

15 minutes. Serve hot or let it cool down and store in the fridge for up to 5 days.

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