

# Low-Carb Individual Fish Pies

Hands-on 15 minutes Overall 1 hour

**Nutritional values (per serving, 1 fish pie):** Total carbs: 13.6 g, Fiber: 4.4 g, **Net carbs: 9.2 g**,

Protein: 41.2 g, Fat: 43.7 g, Calories: 610 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 1 medium cauliflower (800 g/ 1.76 lb)
- 4 tbsp butter or [ghee](#), divided (57 g/ 2 oz)
- 300 g skinless white fish such as cod, roughly chopped (10.6 oz)
- 300 g skinless salmon, roughly chopped (10.6 oz)
- 1 small red onion, finely diced (60 g/ 2.1 oz)
- 2 bay leaves
- 3/4 cup heavy whipping cream (180 ml/ 6 fl oz)
- 1/4 cup water (60 ml/ 2 fl oz)
- 1 tsp [Dijon mustard](#) *or* yellow mustard
- 1 cup shredded cheddar cheese, divided (110 g/ 3.9 oz)
- 3 tbsp freshly chopped chives
- fresh parsley *or* more chives for garnish
- sea salt and ground pepper, to taste

## Instructions

1. Prepare the cauliflower topping. Wash the cauliflower and cut into smaller florets. Place on a steaming rack inside a pot filled with about 2-inch (5 cm) of water. Bring to a boil and cook for about 10-15 minutes. Do not overcook.
2. Place the cooked cauliflower into a blender with 2 tablespoons of butter and 1/4 tsp salt. Process until smooth and creamy. Set aside.
3. Preheat the oven to 220 °C/ 425 °F (conventional), or 200 °C/ 400 °F (fan assisted). Dice fish into medium-large, about 2-inch (5 cm) pieces. Place the fish in a deep pan and pour in the cream and water.
4. Add the onion and bay leaves to the pan. Add 1/4 tsp salt and bring to a boil and simmer on low for 8-10 minutes.
5. Using a slotted spoon, remove the fish and divide evenly between four bigger ramekins (about 2-cup capacity each).
6. Prepare the sauce. Simmer the cream sauce over a medium heat.

Add the remaining 2 tablespoons of butter. Add Dijon mustard. Simmer for about 5 minutes until it starts to thicken. Turn off the heat. Discard the spices (bay leaves if used).

7. Add about 2/3 cup of shredded cheddar cheese and stir until melted and thickened.
8. Pour the cream & cheese sauce over the fish in the ramekins. Sprinkle with chopped chives or spring onion.
9. Top with the cauliflower mash, then top with the remaining 1/3 cup of shredded cheddar and place in the oven.
10. Cook for 20-25 minutes or until the top is golden brown. When done, turn off the oven and place on a cooling rack for 15 minutes. The fish pies will have runny sauce when hot but will thicken as they cool down.
11. Serve hot or let it cool down and store in the fridge for up to 4 days, or freeze for up to 3 months.

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