



# EASY PEASY FISH PIE



## HELLO LEEK

The Roman Emperor Nero believed eating leeks would improve his singing voice.



Red Potato



Leek



Flat Leaf Parsley



Sweetcorn



Fish Pie Mix



Water



Fish Stock Powder



Crème Fraîche

Hands-on time: **20** mins  
Total time: **40** mins

Enjoy within **1** Days

**1.5** of your  
**5** a day

Family Box

Fish pie is the food equivalent of a duvet day with a mug of tea. Simple and comforting, our fish pie is brimming with creamy chunks of fish, seafood and veggies, tucked in by a crust of perfectly fluffy mash. Béchamel sauce is often used in a fish pie, but we've opted for a sauce that can be knocked together in minutes without losing out on flavour. This is comfort food at its very best!

# BEFORE YOU START

Our fruit and veggies need a little wash before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Colander**, **Frying Pan**, **Measuring Jug**, **Ovenproof Dish** and a **Potato Masher**. Now, let's get cooking !!



## 1 COOK THE SPUDS

Preheat your oven to 220°C. Put a large saucepan of water with a pinch of **salt** on to boil for the potatoes. Chop the **red potato** into roughly 2cm chunks (no need to peel!). Put the **potato** into the pan of boiling water and cook for 15-20 mins. ★**TIP:** The potato is cooked when you can easily slip a knife through. Once cooked, drain in a colander then pop back into the pan with the lid on.



## 2 PREP THE VEGGIES

Remove the root and dark green top from the **leek**, halve lengthways and slice into 1cm thick half moons. Twist and tear the **parsley** bunch in half. Pick the **parsley leaves** from their stalks and roughly chop. Finely chop the **stalks** (keep them separate). Drain and rinse the **sweetcorn** in a colander or sieve. Chop the **fish pieces** into 2cm chunks, leaving the **prawns** whole.



## 3 START THE SAUCE

Put a frying pan or wide bottomed saucepan on medium heat with a drizzle of **oil** and add the **leek**, along with a pinch of **salt** and a grind of **black pepper**. Cook until soft, stirring frequently, 6-7 mins. Once soft, add the **sweetcorn** and **parsley** stalks and stir together. Cook for a further 2 mins, stirring gently.



## 4 FINISH THE SAUCE

Add the **water** (the amount specified in the ingredient list) and **fish stock powder** to the **leek** and **sweetcorn**. Stir to dissolve the **stock powder**. Add the **crème fraîche**, stir together and bring to the boil, then taste the sauce. Add more **salt** and **black pepper** if necessary. Put the **fish mix** in the bottom of an ovenproof dish and spoon your **veggies** and all the **sauce** on top, gently stir to combine.

## 5 MASH THE SPUDS

When the **potatoes** are drained and back in the pan, add the **parsley leaves** and a splash of **milk** (if you have some). Mash until smooth, taste and add more **salt** and **black pepper** to your liking. Spoon the **mashed potato** on top of the **fish** and **veggies** and flatten it out with your spoon. Use a fork to make lines in the top of the pie (see picture). ★**TIP:** Brush with a little oil if you want a super crispy finish.

# 2 PEOPLE INGREDIENTS

Red Potato, chopped	1 pack
Leek, sliced	1
Flat Leaf Parsley, chopped	1 bunch
Sweetcorn	1 tin
Fish Pie Mix, chopped 2) 4)	215g
Water*	30ml
Fish Stock Powder 4) 10)	1 tsp
Crème Fraîche 7)	1 small pot

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	617	100
(kJ)	2594	418
Fat (g)	26	4
Sat. Fat (g)	13	2
Carbohydrate (g)	63	10
Sugars (g)	14	2
Protein (g)	33	5
Salt (g)	1.39	0.22

## ALLERGENS

2)Crustaceans 4)Fish 7)Milk 10) Celery

**Fish Stock Powder:** Fish Stock (Water, **Fish**, Onion, Celeriac, Leek, Carrot Extract, Spice, Herb), Salt, Maltodextrin, Yeast Extract, Rapeseed Oil.

## 6 BAAAAAKE!

Bake the **fish pie** on the top shelf of your oven until the **potato** is crispy and the **fish** is cooked, 20 mins. ★**TIP:** The fish is cooked when the centre is opaque. While the pie is cooking, do the washing up! When ready, spoon the **fish pie** into bowls and devour. Enjoy!

## THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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