



More Than Food
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Smoked Fish en Croute with Citrus Broccoli

Mothers and fathers across the land have been telling their kids: "Don't play with your FOOD!". And rightly so. But you know us, we're a little bit cheeky sometimes! Victoria's grandma used to make a similar dish. When grandma wasn't looking, she would make a little island out of the food and the broccoli would ALWAYS be the trees. Always. So, enjoy your Fish en Croute and don't forget to make the broccoli into trees, when mum's not watching!



40 mins



family box



Flat Leaf Parsley
(5 tbsp)



Smoked Fish Mix (1)



Crème Fraîche
(1 large pot)



Flour (1½ tbsp)



Puff Pastry (1 sheet)



Lemon (1)



Garlic Clove (2)




Purple Sprouting
Broccoli (1 pack)



Spring Greens (1 bag)

Ingredients

	4 PEOPLE	ALLERGENS
Flat Leaf Parsley, chopped	5 tbsp	
Smoked Fish Mix	1	Fish
Crème Fraîche	1 large pot	Milk
Flour	1½ tbsp	Gluten
Puff Pastry	1 sheet	Milk, Flour, Egg
Lemon	1	
Garlic Clove, chopped	2	
Purple Sprouting Broccoli	1 pack	
Spring Greens, chopped	1 bag	

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Nutrition per serving: Calories: 819 kcal | Protein: 41 g | Carbs: 38 g | Fat: 47 g | Saturated Fat: 31 g



1 Pre-heat the oven to 220 degrees and pop a baking tray in there to heat up. **Tip:** *This will help cook your smoked fish en croute evenly from top to bottom! Very roughly chop your parsley.*

2 Pop the fish chunks into a large mixing bowl, together with all but 1 tbsp of crème fraîche. Add your flour, chopped parsley, ¼ tsp of salt and a good grind of pepper. **LH:** *Mix everything together well using your hands.*

3 Place a large piece of foil (or baking paper) on your work surface and pop the pastry sheet on top of it. **LH:** *Dab the edges of the pastry with water using a pastry brush or your finger.* Now spoon the fishy mixture over half the pastry (leaving a 1½cm border round the edge), then fold the other half of the pastry on top, pressing the edges together with your thumb to seal. **Tip:** *It should look like a giant cornish pasty!*

4 Mix the reserved 1 tbsp crème fraîche with 1 tsp of water in a small cup and brush over the pastry to glaze. Make five slits in the top of the pastry diagonally with a large knife to allow steam to escape (see picture). Carefully

remove the very hot baking tray from the oven, transfer the pie (still on top of the foil!) to the baking tray and pop the whole thing in the oven for 20-25 mins, or until it is nicely brown and piping hot.

5 In the meantime, boil a large pot of water with ¼ tsp of salt. Zest your lemon using a zester (or the smallest holes on your grater) and peel and finely chop your garlic. Pop both into a bowl. Squeeze the juice from the lemon into the bowl along with 1 tbsp of olive oil and mix everything together with a fork to make your dressing.

6 After your pie has been in the oven for 15 mins, pop your broccoli into the pot of boiling water, cover with a lid and simmer for 5 mins. Drain the broccoli and return it to your empty pot together with 1 tbsp of oil, the spring greens and ¼ tsp of salt. Sauté for 2-3 mins on medium heat. Remove from the heat, drizzle the dressing over the top and toss everything together.

7 Remove the smoked fish en croute from the oven, cut into serving sized wedges and serve with a good helping of veggies. Voila!