



More Than Food
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Enjoy
within
2 days



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A 'Professional' Fisherman's Pie

Got your own flock of sheep? Shepherd's Pie. Own a thatched house in the countryside? Cottage Pie. It seems that everyone is getting in on the act these days, so it's only right that the fishermen have their place in the pie-related sun. We concocted this little number in close consultation with our fantastic fishmonger James Knight of Mayfair. Guaranteed to quell even the feistiest of dinner time mutinies.



50 mins



seafood
first



family box



Fish Stock Pot (1)



Potato (2 packs)



Leek (2)



Flat Leaf Parsley
(4 tbsp)



Cheddar Cheese
(6 tbsp)



Seafood Mix (1)



Netherend Butter
(3 tbsp)



Flour (2 tbsp)



Double Cream
(1 pot)




Panko Breadcrumbs
(6 tbsp)

Ingredients

4 PEOPLE ALLERGENS

Fish Stock Pot	1	Fish
Potato, chopped	2 packs	
Leek, chopped	2	
Flat Leaf Parsley, chopped	4 tbsp	
Cheddar Cheese	6 tbsp	Milk
Seafood Mix	1 pack	Fish
Netherend Butter	3 tbsp	Milk
Flour	2 tbsp	Gluten
Double Cream	1 pot	Milk
Panko Breadcrumbs	6 tbsp	Gluten, Soya

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

A giant wheel of cheddar cheese weighing a spectacular 1,000 pounds was given to Queen Victoria for a wedding gift. WOW!

Nutrition per serving: Calories: 740 kcal | Protein: 35 g | Carbs: 77 g | Fat: 33 g | Saturated Fat: 16 g



1 Boil a large pot of water for your **potatoes**. Put another pot of water on to boil (400ml exactly) with the **fish stock pot**. Peel the **potatoes** and chop them into 3cm pieces. Trim the top and bottom from the **leeks**, cut in half lengthways then chop into 1cm thick pieces. Finely chop the **parsley** and grate the **cheese**.



2 Add the **potatoes** to your large pot of water along with ½ tsp of **salt**. Cook for 10-15 mins, or until you can easily slip a knife through them. Drain and keep to the side.



3 Heat 2 tbsp of **oil** in a frying pan on medium heat. Stir fry the **leeks** with a pinch of **salt** and **pepper** for 5 mins. Once they have softened up (but not browned) take them out of the pan and leave to the side.



4 Put the 400ml of stock into the frying pan (no need to wash up!) on low heat and add in the **seafood mix**. Let it simmer very gently (it shouldn't be bubbling rapidly) for 5 mins. Remove the **seafood mix** from the stock but keep the stock to make your sauce. You can put the **seafood mix** with the **leeks** until later.

5 Melt one round of **butter** in a saucepan on low heat and stir in the **flour**. Keep stirring for 2 mins and then gradually stir in the stock, bit by bit. The mixture will be lumpy at first, but keep stirring until it is smooth. Leave to simmer and thicken up on low heat for 5-10 mins, stirring occasionally.

6 Once the **potatoes** are drained put them back on the hob on medium heat for a minute to dry them out. Take them off the heat. Add 1 tbsp of **double cream**, the rest of the **butter** and ¼ tsp of **salt**. Mash until you have lovely smooth mashed potato. **Tip:** *You can use milk instead of cream if you prefer.*

7 Add the **leeks**, **parsley** and **seafood mix** into the sauce together with the rest of your **double cream**. Test the sauce for seasoning. Now turn your grill up to high.

8 Pour the mixture into an ovenproof dish and top with your mash. **LH:** *Sprinkle over the **cheese** and **breadcrumbs**.* Grill until golden brown. Serve and enjoy!