



# Ultimate Creamy Fish Pie

with Peas, Leek and Baby Leaf Salad

Ultimate 40-45 Minutes • 2 of your 5 a day

35



Potatoes



Leek



Garlic Clove



Fish Pie Mix



Vegetable Stock Paste



Creme Fraiche



Wholegrain Mustard



Grated Hard Italian Style Cheese



Peas



Baby Leaf Mix



Balsamic Glaze

**Pantry Items**

Oil, Salt, Pepper, Butter, Plain Flour

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, colander and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Leek**	1	2	2
Garlic Clove**	2	3	4
Fish Pie Mix** 4)	1 pack	1 pack	2 packs
Vegetable Stock Paste 10)	15g	20g	30g
Crème Fraîche** 7)	75g	150g	150g
Wholegrain Mustard 9)	17g	25g	34g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Peas**	120g	180g	240g
Baby Leaf Mix**	20g	50g	50g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Butter*	30g	40g	50g
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	250ml	375ml	500ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	723g	100g
Energy (kJ/kcal)	3046 / 728	421 / 101
Fat (g)	34.7	4.8
Sat. Fat (g)	19.8	2.7
Carbohydrate (g)	69.7	9.6
Sugars (g)	14.6	2.0
Protein (g)	39.1	5.4
Salt (g)	3.64	0.5

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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### Cook the Potatoes

Bring a large saucepan of **water** with  $\frac{1}{2}$  **tsp salt** to the boil.

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



### Poach the Fish

Once the **sauce** has thickened, stir in the **crème fraîche**, **wholegrain mustard** and **half the hard Italian style cheese**.

Next, gently stir through the **fish pie mix**.

Lower the heat and simmer gently, stirring occasionally, until the **fish** is cooked, 5-8 mins.

**IMPORTANT:** *The fish is cooked when opaque in the middle.*

Meanwhile, heat your grill to high.



### Fry the Leek

While the **potatoes** cook, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.

Heat a drizzle of **oil** in another large saucepan on medium-high heat.

Once hot, add the **leek** and season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 4-6 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain the **fish pie mix** and pat dry with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



### Assemble your Pie

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**.

Once the **fish** is cooked, stir through the **peas**. Cook until piping hot, 1-2 mins. Season with **salt** and **pepper**, then transfer to an ovenproof dish.

Using a fork, spread the **mash** evenly over the **filling**, then sprinkle over the remaining **cheese**.



### Start your Sauce

Once the **leek** has softened, add the **garlic** and cook for 30 secs more.

Add the **butter** (see pantry for amount) and allow it to melt, then stir in the **flour** (see pantry for amount). Cook, stirring continuously, for 1-2 mins.

Stir in the **water for the sauce** (see pantry for amount) a little at a time, followed by the **vegetable stock paste**. Bring to the boil, then simmer, stirring occasionally, until thickened, 2-3 mins.



### Grill and Serve

Grill your **pie** until the **cheese** has melted and is golden, 4-5 mins.

Once ready, share your **ultimate fish pie** between your plates.

Serve the **baby leaf salad** alongside, drizzled with the **balsamic glaze** to finish.

Enjoy!