



CLASSIC FISH PIE

with Leek and Carrot



HELLO LEEK

On St Davids day the youngest recruits in the Welsh Guards are forced to eat a large raw leek!



Smoked Fish Pie Mix



Leek



Carrot



Potato



Flat Leaf Parsley



Crème Fraîche



Vegetable Stock Powder



Mature Cheddar Cheese

MEAL BAG

45 mins

1.5 of your 5 a day

Simple and satisfying, our classic fish pie recipe is the ultimate crowd-pleaser. We've combined leeks, carrots, parsley and smoked fish in a velvety crème fraîche sauce and topped it with creamy mash. Finished off with a grating of cheddar cheese and cooked until bubbling and golden for a rich layer of taste, you'll definitely be reaching for seconds with this one!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Coarse Grater**, **Colander**, **Measuring Jug**, **Potato Masher** and **Ovenproof Dish**. Now, let's get cooking!



1 COOK THE POTATO

Preheat your oven to 200°C. Bring a large saucepan of salted water to the boil for the potatoes. Meanwhile, chop the **potato** into roughly 2cm chunks (no need to peel). Once boiling, add to the water and cook until tender, 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.*



2 PREP THE VEGGIES

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways then slice widthways into half moons about 1cm thick. Trim the **carrot** (no need to peel), halve lengthways then thinly slice widthways. Roughly chop the **parsley** (stalks and all). Grate the **cheese**.



3 GET COOKING

Heat a drizzle of **oil** in another large saucepan on medium-high heat, and once hot, add the **leek** and **carrot**. Cook until soft, stirring occasionally, 10 mins.



4 MASH THE POTATO

Once the **potato** is cooked, drain in a colander reserving the **potato water** in a measuring jug, and let steam in the colander for a minute. Place the **potato** back in the saucepan (off the heat) with a pinch of **salt** and **pepper** and a knob of **butter** (if you have some). Mash with a potato masher.



5 FINISH THE FILLING

Next, add the **stock powder** and **reserved potato water** (see ingredients for amount) to the **veggies**. Stir to combine and bring to the boil. Remove from the heat, then stir in the **fish pie mix**, **crème fraîche**, **half the parsley** and a pinch of **salt** and **pepper**. Mix carefully, then transfer to an oven proof ovenproof baking dish. **★ TIP:** *We used a 20cm x 20cm dish for 2 people.*



6 BAKE AND SERVE

Top with the **mash**, spread out gently to cover the filling then top with the remaining **parsley** and finally the **grated cheese**. Place on the top shelf of the oven and bake until the **fish** is cooked through and the **cheesy mash** is golden, 15-20 mins. **! IMPORTANT:** *The fish is cooked when opaque in the middle and the prawns are pink on the outside and opaque all the way through.* Let it sit for a minute on the side, then serve. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Smoked Fish Pie Mix 4) 5) *	215g	320g	425g
Leek *	1	1½	2
Carrot *	1	2	2
Potato *	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Mature Cheddar Cheese 7) *	1 small block	1½ small blocks	2 small blocks
Water*	200ml	300ml	400ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 551G	PER 100G
Energy (kJ/kcal)	2362/565	428/102
Fat (g)	28	5
Sat. Fat (g)	16	3
Carbohydrate (g)	57	10
Sugars (g)	10	2
Protein (g)	31	6
Salt (g)	1.28	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 7) Milk 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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