



King Prawn and Cod Fish Pie with Garlicky Green Beans

Premium 40-45 Minutes • 1 of your 5 a day

33



-  Potatoes
-  Leek
-  Garlic Clove
-  Mature Cheddar Cheese
-  Cod
-  Unsalted Butter
-  Vegetable Stock Paste
-  Creme Fraiche
-  King Prawns
-  Green Beans

Pantry Item
Plain Flour

Before you start

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

Cooking tools

Saucepan, garlic press, grater, frying pan, colander, potato masher, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Leek**	1	2	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	45g	60g
Cod** 4)	2	3	4
Unsalted Butter** 7)	30g	30g	30g
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Paste 10)	10g	15g	20g
Crème Fraîche** 7)	150g	225g	300g
King Prawns** 5)	150g	225g	300g
Green Beans**	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	702g	100g
Energy (kJ/kcal)	3285 /785	468 /112
Fat (g)	43	6
Sat. Fat (g)	27	4
Carbohydrate (g)	55	8
Sugars (g)	8	1
Protein (g)	47	7
Salt (g)	2.33	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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, 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.

Contact

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Get Prepped

Preheat your oven to 220°C. Bring a medium saucepan of **water** to the boil with $\frac{1}{2}$ tsp salt. Peel the **potatoes** and chop into 2cm chunks. Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**. Chop the **cod** into 2cm chunks. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Mash and Bake

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the remaining **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Spoon the **mash** on top of the **fish mixture** in an even layer. Sprinkle over the **grated cheese** and bake on the top shelf of your oven until golden, 12-15 mins. **TIP:** Put the dish onto a baking tray to catch any drips. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Sauce Time

Once your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, pop a large frying pan on medium-high heat. Add a drizzle of **oil** and **half the butter**. Allow the **butter** to melt, then add the **leek**. Stir-fry until the **leek** is soft, 3-4 mins, then stir in the **flour** (see ingredients for amount) and cook, stirring frequently, until it forms a **paste**, 1-2 mins. Gradually stir in the **water** for the **sauce** (see ingredients for amount), then add the **veg stock paste** and bring to the boil, stirring continuously. Reduce the heat and simmer, stirring occasionally, until thickened, 1-2 mins.



Cook the Beans

While the **pie** bakes, trim the **green beans**. Wipe out your (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**. Once the pan is hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



Add the Fish

Once the **sauce** has thickened, stir through the **crème fraîche** and the **cod chunks**. Simmer for 3-4 mins. Taste and season with **salt** and **pepper** if needed. Add the **prawns** and simmer for 2-3 mins until mostly pink, then pour the **fish mixture** into an appropriately sized ovenproof dish. **IMPORTANT:** The fish is cooked when opaque in the middle.



Serve

When everything is ready, spoon the **fish pie** into bowls or onto plates. Serve with the **garlicky green beans** alongside.

Enjoy!