



Cooking Made Easy



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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, who gave us the inside track from the dockside. Guaranteed to quell even the feistiest of dinner time mutinies.

\*Watch this space for our leek filled 'Plumber's Pie'.



50 min



level 2



seafood  
first



family  
box

## Ingredients

	2P	4P
JKM Seafood Mix 3	-	1
Leek, chopped	-	2 cups
Potato, chopped	-	4
Cheddar Cheese 2	-	2 - 3 tbsp
Parsley, chopped	-	4 tbsp
Double Cream 2	-	6 tbsp
Fish Stock Cube 3	-	1
Panko Breadcrumbs 1	-	½ cup
Netherend Butter 2	-	2 tbsp
Plain Flour 1	-	2 tbsp

⊕ May feature in another recipe

\* Good to have at home

## Allergens

- 1) Gluten | 2) Milk  
3) Fish

## Nutrition per serving

Calories: 764kcal,  
Protein: 46g, Carbs: 93g,  
Fat: 23g, Saturated Fat:  
15g

## Measuretool

0cm    1cm    2cm



**1** Boil a large pot of water for your stock and your potatoes. Peel the potatoes and chop them into golf ball sized chunks. Trim the top and bottom from your leek, cut in  $\frac{1}{2}$  lengthways, then chop into 1cm thick pieces. Finely dice your parsley and grate the cheese.

**2** Take out 400ml of boiling water and dissolve the stock cube in it. Cook the potatoes in the remaining water with  $\frac{1}{2}$  tsp salt for 10-15 minutes, or until you can easily slip a knife through them. Drain and keep to the side once cooked.

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

**4** Put the 400ml stock into a pan on low heat and add in the fish. Let the fish simmer very gently (it shouldn't be bubbling) for 5 mins. Remove the fish from the stock but keep the stock to make your sauce. You can put the fish with the leeks until you need it later.

**5** Melt just over  $\frac{1}{2}$  the butter on low heat and stir in the flour. Keep stirring for a couple of mins and then gradually stir in your 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.

**6** Once your potatoes are drained put them back on the hob on medium heat for a minute to dry them out. Add 1 tbsp of the cream, the butter and  $\frac{1}{4}$  tsp of salt. Mash them until they are smooth (you can use milk instead of cream if you prefer).

**7** Add your fish, leeks and parsley into the fish stock together with 5 tbsps double cream. Test the sauce for seasoning and add a little more salt and pepper if you need to. Now turn your grill up to high.

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

