

Cod and Prawn Fish Pie

with Peas

In need of some comfort food? This one's for you!

Cals 780 • Prot 47 • Carbs 76 • Fat 34

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🕒 cook: 40 min

R3155

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Fish pie	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	200	350	400	Grams
Prawns 7*	200	350	350	Grams
Leeks	1	1	2	Piece
Fresh dill	15	15	15	Grams
Fresh parsley	15	15	15	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
White vinegar	15	22	30	ML
Plain flour 10*, 11*	10	15	20	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	100	150	200	ML
Cooking cream 4*	200	200	400	ML
Green peas	150	250	250	Grams
Dijon mustard 13*	6	9	12	Grams
Black pepper	0.5	1	1	Tsp
Mash				
Potatoes	600	900	1200	Grams
Salt	1	1	2	Tsp
Butter 4*	20	30	50	Grams

Allergens

*6 Fish, *7 Crustaceans, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3244 / 780
Fat (g)	33.5
of which saturates (g)	22.7
Carbohydrate (g)	76
of which sugars (g)	14.2
Fiber (g)	12.6
Protein (g)	46.9
Salt (g)	1.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Preheat the oven to 200°C/180°C fan. Peel and chop the **potatoes** into bite-size pieces. Add them to a pan of boiling water with a generous pinch of **salt**. Cook the **potatoes** over a medium heat for 15 min or until soft.



2 Prep

Meanwhile, roughly chop the **cod**. Clean and finely slice the **leeks**. Chop the **dill** and **parsley**.



3 Make sauce

Heat a pan over a low heat with a drizzle of **oil**. Once hot, add the chopped **leeks** with a pinch of **salt** and cook for 7 min until very soft but not browned. Add the **vinegar** and cook for 30 sec. Add the **flour** and **stock cube** and cook for another 30 sec. Whisk in the **measured water** and **cooking cream**. Cook for 3 min further.



4 Add

After 3 min, add the **prawns, cod, peas, Dijon, dill** and **parsley**. Cook for 2 min further. Remove the pan from the heat, season with **salt** and **pepper** and set aside.



5 Mash

Once soft, drain the **potatoes** and return them to the pan with the **butter**. Mash until smooth. Season generously with **salt**.



6 Bake

Transfer the **fish sauce** to an oven proof dish. Carefully top with the **mashed potato**. Run a fork over the mash to create a ripple effect. Bake for 15 min until golden brown on top.

Tip! For a golden crust, place the pie under the grill or broiler for the final 5 min.