

Smoked Salmon and Cod Fish Pie

with Cauliflower Mash

hellóchef

Potato? What potato! You won't even know they're not there in this clever take on the classic.

Cals 660 • Prot 47 • Carbs 35 • Fat 39

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🕒 cook: 30 min

R3158

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
Smoked Salmon Slices 6*	100	200	200	Grams
Brown onion	1	1	1	Piece
Fresh dill	15	15	15	Grams
Fresh parsley	15	15	15	Grams
Corn starch	10	15	20	Grams
Water	100	200	200	ML
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
White vinegar	30	45	60	ML
Vegetable stock cube 15*	0.5	1	1	Piece
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
Cauli mash				
Cauliflower	600	800	1200	Grams
Parmesan 4*	30	45	60	Grams
Butter 4*	20	30	50	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*6 Fish, *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)	2738 / 660
Fat (g)	38.6
of which saturates (g)	26
Carbohydrate (g)	35
of which sugars (g)	15.5
Fiber (g)	9.7
Protein (g)	46.7
Salt (g)	2.1

*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 cauliflower

Preheat the oven to 200°C/180°C fan. Chop the **cauliflower** into small florets. Bring a large pot of salted water to a boil. Add the **cauliflower** and cook, covered, for 10-12 min until soft. Drain.



2 Prep

Meanwhile, roughly chop the **salmon** and **cod**. Peel and finely chop the **onion**. Chop the **dill** and **parsley**. Grate the **Parmesan**. Mix the **corn starch** with the **measured water**.



3 Make sauce

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 7 min until very soft but not browned. Add the **vinegar** and cook for 30 sec further. Whisk in the **corn starch mix**, [0.5/1/1] **vegetable stock cube** and **cooking cream**. Cook for 2 min.



4 Add

After 2 min, add the **salmon, 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 Make mash

Once soft, add the **cauliflower** and **butter** to a food processor. Blitz for 1-2 min until smooth. Add half of the **Parmesan** and season generously with **salt** and **pepper**.



6 Bake

Transfer the **fish** and sauce to an oven proof dish. Carefully top with the **cauli mash** and the remaining **Parmesan**. Run a fork over the mash to create a ripple effect. Bake for 15 min until golden brown on top. Allow to cool for 5 min before serving.

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