



Everything But The Chef

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hello@hellofresh.com.au | 02 81 888 722

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Creamy Leek & Fish Pie

A pie without pastry is no good unless potato is involved. Luckily for you, this leek and fish pie is topped with a creamy potato top! Peppery rocket and Parmesan cheese adds bite and freshness alongside this mid-week warmer that is guaranteed to satisfy. Rest easy, our mirror dory is sustainably sourced for your peace of mind.

- Prep:** 15 mins
- Cook:** 30 mins
- Total:** 45 mins
- level 2**
- nut free**
- high protein**
- seafood first**

Pantry Items: *Butter, Olive Oil, Hot Water, Milk, Plain Flour, Dijon Mustard*



Potatoes



Leek



Mirror Dory Fillets



Vegetable Stock



Parsley



Parmesan Cheese



Rocket

2P	4P	Ingredients
450 g	900 g	potatoes, peeled & cut into 2 cm pieces
1 tbs	2 tbs	butter *
2 tsp	4 tsp	olive oil *
1	2	leek, white part halved lengthways & finely sliced A
300 g	600 g	mirror dory fillets, cut into pieces
½ tsp	1 tsp	vegetable stock
½ cup	1 cup	hot water *
¾ cup	1 ½ cups	milk *
1 tbs	2 tbs	plain flour *
1 tbs	2 tbs	Dijon mustard *
1 bunch	2 bunches	parsley, finely chopped ⊕
½ block	1 block	Parmesan cheese, finely grated ⊕
1 bag	2 bags	rocket, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2070	Kj
Protein	45.6	g
Fat, total	15	g
-saturated	6.9	g
Carbohydrate	40.6	g
-sugars	8.2	g
Sodium	706	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, grater, large saucepan, sieve, medium saucepan, small jug, potato masher, whisk, ovenproof baking dish or individual ramekins.

1 Preheat the oven to **220°C/200°C** fan-forced.

2 Place the **potato** in a large saucepan of cold water, bring to the boil and cook for **20 minutes** or until tender. Drain. Add half of the **butter** and season with **salt** and **pepper**. Using a potato masher, mash the potato until you reach a chunky and firm consistency.



3 Meanwhile, heat the **olive oil** in a medium saucepan over a medium heat. Add the **leek** and cook, stirring, for **3 minutes** or until soft. Add the **mirror dory fillets** and cook, stirring, for **2-3 minutes** or until par-cooked. Remove the contents of the pan and set aside.

4 In a small jug combine the **vegetable stock**, **hot water** and **milk**. Melt the remaining butter in the same saucepan over a medium heat. Stir in the **plain flour** and cook while stirring, for **1 minute**. Slowly whisk in the stock mixture. Cook, stirring, for **6-10 minutes** or until the sauce thickens. Stir through **Dijon mustard** and season well.



5 Stir the fish, leek and **parsley** into the sauce and transfer the mixture into an ovenproof baking dish or individual ramekins. Top evenly with the mashed potato and roughen up the top with a fork. Sprinkle with half of the **Parmesan cheese** and cook in the oven for **10 minutes** or until the top is crisp and golden.



6 Combine the **rocket** and remaining Parmesan cheese, drizzle with a little olive oil and season with salt and pepper. Divide between plates and serve with the fish pie.