



Creamy Salmon & Potato Topped Pie

with Veggies & Chilli Flakes

NEW

Grab your meal kit
with this number

6



Potato



Brown Onion



Carrot



Celery



Garlic



Salmon



Nan's Special
Seasoning



Light Cooking
Cream



Chicken Stock
Pot



Chilli Flakes
(Optional)



Salmon



Chicken
Breast

Prep in: 20-30 mins
Ready in: 45-55 mins

Eat Me Early

We've done the unthinkable and are piling layers of tender veg and creamy salmon to make the pie of a lifetime. No pie is complete without a creamy potato topping and a sprinkling of chilli flakes, this one will knock your socks off!

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
brown onion	1	2
carrot	1	2
celery	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
salmon	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
chicken stock pot	1 small packet	1 medium packet
chilli flakes  (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3498kJ (836cal)	528kJ (80cal)
Protein (g)	39.4g	5.9g
Fat, total (g)	57.9g	8.7g
- saturated (g)	23.9g	3.6g
Carbohydrate (g)	40.1g	6g
- sugars (g)	17.2g	2.6g
Sodium (mg)	985mg	148.6mg
Dietary Fibre (g)	9.5g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Make the filling

- Wipe out frying pan and return to high heat with a drizzle of **olive oil**.
- Cook **onion**, **carrot** and **celery**, stirring occasionally until softened, **4-5 minutes**.
- Reduce heat to medium then add **Nan's special seasoning** and **garlic** and cook until fragrant, **1 minute**.
- Stir in **light cooking cream**, **chicken stock pot** and a splash of **water** and cook until slightly thickened, **1-2 minutes**. Remove from heat.



Prep the veggies

- Meanwhile, finely chop **brown onion**, **carrot**, **celery** and **garlic**.



Assemble & bake the pie

- Preheat grill to high.
- Gently stir **flaked salmon** through **cream mixture** until combined. Season to taste.
- Transfer **filling** to a baking dish and evenly spread **mashed potato** over the top.
- Drizzle with **olive oil** and grill until lightly golden, **8-10 minutes**.

TIP: Drizzling with olive oil helps the topping to crisp and brown!



Cook the salmon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **salmon** dry with paper towel and season both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just golden, **1-3 minutes** each side. Transfer to a plate.
- Remove skin from **salmon** and flake into small chunks.



Finish & serve

- Divide creamy salmon and potato topped pie between plates.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



CUSTOM OPTIONS

+ DOUBLE SALMON

Follow method above, cooking in batches if needed.

🔄 SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook with filling until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

