



British-Inspired Salmon Pie

with Peas and Mash

Family Friendly 30 - 40 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

x2 Double



Salmon Fillets, skin-on
500 g | 1000 g

Swap



Tilapia
300 g | 600 g



Salmon Fillets, skin-on
250 g | 500 g



Green Peas
56 g | 113 g



Mirepoix
113 g | 227 g



Cream
56 ml | 113 ml



Dill-Garlic Spice Blend
½ tsp | 1 tsp



Russet Potato
2 | 4



Dijon Mustard
1 tbsp | 1 tbsp



White Cheddar Cheese, shredded
½ cup | 1 cup



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, milk, oil, salt, unsalted butter, all-purpose flour

Cooking utensils | Aluminum foil, baking sheet, large oven-proof pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, strainer, vegetable peeler

1



Cook potatoes

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.

2



Broil salmon

×2 Double | Salmon

🔄 Swap | Tilapia

- Meanwhile, pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on a foil-lined baking sheet, skin-side down. Broil in the **middle** of the oven until cooked through, 8-10 min.**
- Transfer **salmon** to a plate. Remove skin. Using two forks, break up **salmon** into 1-inch pieces.

3



Cook veggies

- While **salmon** broils, heat a large oven-proof pan over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **mirepoix** and **peas**. Cook, stirring often, until tender-crisp, 3-4 min.
- Sprinkle **flour** over **veggies**. Cook, stirring constantly, until all **veggies** are coated with **flour**, 1-2 min. Season with **salt** and **pepper**.

4



Make salmon filling

- Add **half the Dill-Garlic Spice Blend** (use all for 4 ppl), **cream** and $\frac{3}{4}$ **cup** (1 $\frac{1}{2}$ cups) **water** to the pan with **veggies**.
- Bring to a boil over high heat. Once boiling reduce heat to medium. Simmer, stirring often, until **sauce** thickens slightly, 4-6 min.
- Remove the pan from heat. Stir in **half the Dijon** (use all for 4 ppl), then season with **salt** and **pepper**.
- Gently stir in **salmon**, including **any juices** from the plate.

5



Mash potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **milk** and **2 tbsp** (4 tbsp) **butter** into **potatoes** until creamy.
- Stir in **cheese**, then season with **salt** and **pepper**. (**NOTE:** If you don't have an oven-proof pan, transfer salmon filling to a 8x8-inch baking dish for 2 ppl and 4 ppl.)

6



Finish pie and serve

- Top **salmon filling** with **mashed potatoes**, spreading into an even layer.
- Broil in the **middle** of the oven until **potato topping** begins to brown, 4-5 min.
- Remove **salmon pie** from the oven and let stand for 5 min.
- Divide **salmon pie** between plates.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Broil salmon

×2 Double | Salmon

If you've opted for **double salmon**, cook in the same way the recipe instructs you to cook the **regular portion of salmon**.

2 | Broil tilapia

🔄 Swap | Tilapia

If you've opted for **tilapia**, prep and cook in the same way the recipe instructs you to prep and cook the **salmon**.**

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.