



British-Inspired Salmon Pie

with Peas and Mash

Family Friendly

35 Minutes



Salmon Fillets,
skin-on



Green Peas



Mirepoix



Cream



All-Purpose Flour



Russet Potato



Dijon Mustard



Aged White Cheddar
Cheese, shredded



Dill-Garlic Spice
Blend

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

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

Bust out

Baking sheet, large oven-proof pan, measuring spoons, potato masher, strainer, aluminum foil, measuring cups, large pot, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Green Peas	56 g	113 g
Mirepoix	113 g	227 g
Cream	56 ml	113 ml
All-Purpose Flour	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Dijon Mustard	½ tbsp	1 tbsp
Aged White Cheddar Cheese, shredded	½ cup	1 cup
Dill-Garlic Spice Blend	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	¼ cup	½ cup
Oil*		

Salt and Pepper*

* Pantry items

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

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.

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Cook potatoes

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.



Make salmon filling

Add **Dill-Garlic Spice Blend**, **cream** and **1 cup water** (dbl for 4 ppl) 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** (all for 4 ppl), then season with **salt** and **pepper**. Gently stir in **salmon**, including any **juices** from the plate.



Broil salmon

While **potatoes** cook, 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.



Mash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **¼ cup milk** and **2 tbsp butter** (dbl both for 4 ppl) 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.)



Cook veggies

While **salmon** broils, heat a large oven-proof pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), 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**.



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.

Dinner Solved!