



NOV  
2016

## 'Go Fish!' Pie

We've added a twist to this simple fish pie by using leeks and sweet butternut squash! We've also added a little something special to make this dish extra fishy!



Prep  
35 min



level 1



make me  
first



Cod Fillets



Yukon Mini  
Potatoes



Leek



Parsley



Butternut Squash



Panko  
Breadcrumbs



Vegetable Broth  
Concentrate



All-Purpose Flour



35% Cream



Goldfish Crackers

## Ingredients

		4 People
Cod Fillets	4)	2 (570 g)
Mini Yukon Potatoes		1 pkg (680 g)
Leeks, chopped		1 pkg (170 g)
Parsley		2 pkg (14 g)
Butternut Squash, 1/2" cubes		1 pkg (227 g)
Vegetable Broth Concentrate		2
All-Purpose Flour	1)	1 pkg (2 tbsp)
35% Cream	2)	3/4 pkg (3/4 cup)
Panko Breadcrumbs	1)	1 pkg (1/3 cup)
Goldfish Crackers	1) 2) 3)	1 pkg
Butter*	2)	3 tbsp

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Soy/Soja
- 4) Fish/Poisson

## Tools

Medium Oven-Proof Pan (about 10-inch wide) or 8x8-inch Baking Dish, Large Pot, Measuring Spoon, Measuring

**Nutrition per person** Calories: 527 cal | Fat: 19g | Protein: 33g | Carbs: 58g | Fibre: 6g | Sodium: 461 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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### 1 Preheat the broiler. (To broil the fish pie.)

**2 Boil the potatoes: Wash and dry all produce.** Finely chop the **parsley**. Peel (if desired) and cut the **potatoes** into 1/2-inch pieces. In a large pot, combine the potatoes with enough water to cover. Boil over medium-high until potatoes are fork-tender, 10-12 min.

**3 Make the filling:** Meanwhile, melt **2 tbsp butter** (**DO:** measure out) in a medium oven-proof pan over medium heat. Add the **leeks** and **squash**. Cook until the squash is softened, 8-10 min.

**4** Meanwhile, cut the **cod fillets** into 1-inch cubes, then toss with **flour** in a medium bowl. Add the **fish** to the **veggies**. Cook, stirring often, for 3-5 min, until the fish is cooked. Add the **broth concentrates**, **1/2 cup cream** (**DO:** measure out.) and **1/4 cup water**. Cook until the sauce thickens, 1-2 min. Stir in **parsley**. Season with **salt** and **pepper**. Remove from heat.

**5 Mash the potatoes:** Drain the **potatoes** and return them to the same pot. Using a potato masher or fork, mash the potatoes with the **remaining butter and 2 tbsp cream** (**DO:** measure out.) Season with **salt** and **pepper**. Spread the potatoes over the **filling**. (If you don't have an oven-proof pan, transfer the filling to a baking dish first.) Sprinkle with **breadcrumbs**. Broil in the centre of the oven until the top is golden, 3-5 min. (**TIP:** Keep your eye on the pie so the top doesn't burn - some broilers are hotter than others!) Top with **goldfish crackers**.

**6 Finish and serve:** Divide the **fish pie** between plates! Enjoy!

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