

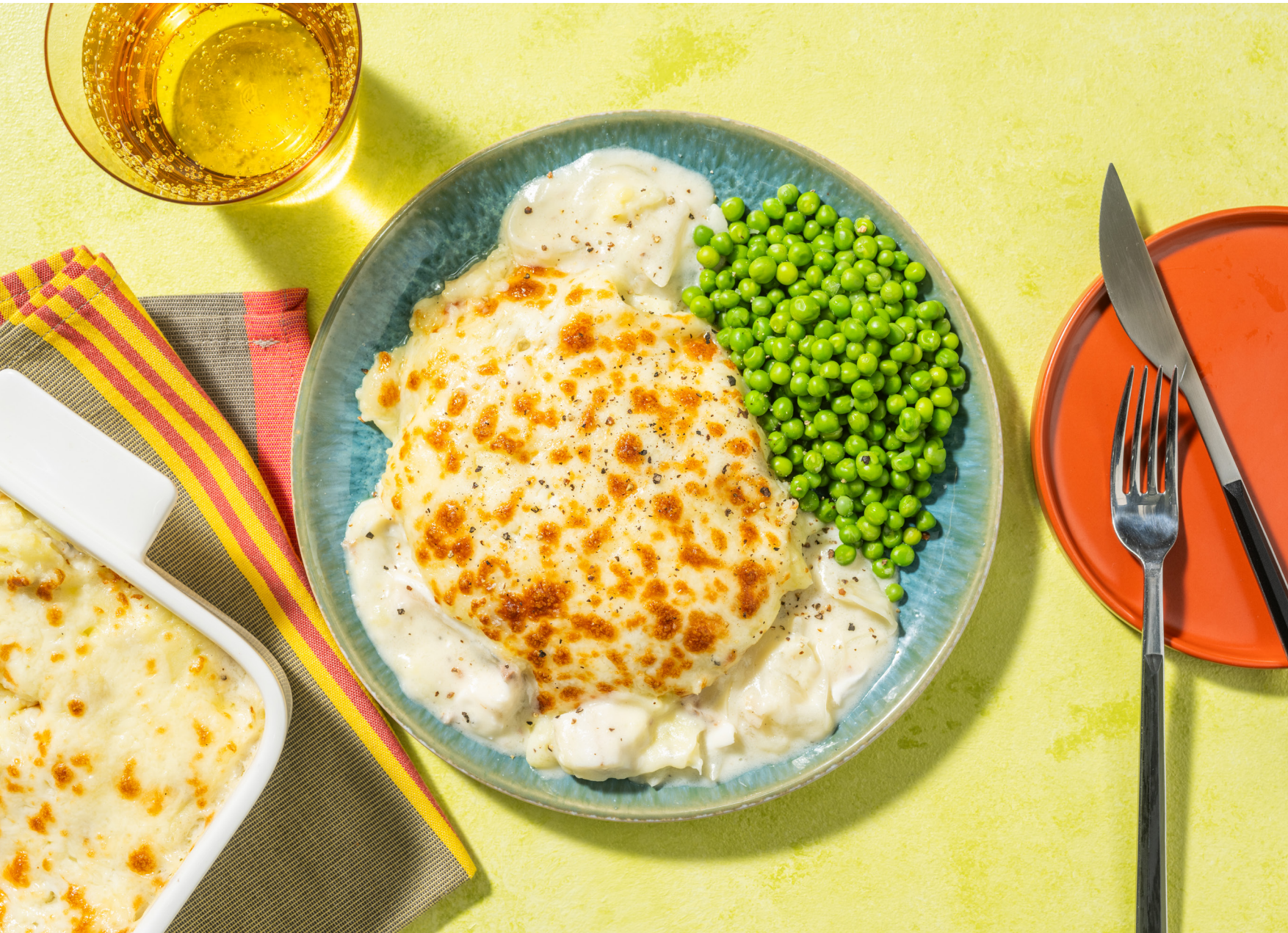


# Cheesy Fish Pie

with mashed potato topping and garlicky peas

Calorie Smart 40 – 45 mins • Eat me first

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Hake



Grated Cheese



Potatoes



Garlic



Stock



Onion



Creme Fraiche



Peas

Pantry Items: Salt, Pepper, Oil, Water, Butter, Flour, Milk (Optional)



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater, oven dish, potato masher

## Ingredients

	2P	4P
Hake	250 g	500 g
Grated Cheese	50 g	100 g
Potatoes	600 g	1200 g
Garlic	1 unit	2 units
Stock	1 sachet	2 sachets
Onion	1 unit	2 units
Creme Fraiche	65 g	110 g
Peas	120 g	240 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	608 g	100 g
Energy (kJ/kcal)	2560.6 kJ/ 612 kcal	421.2 kJ/ 100.7 kcal
Fat (g)	21.5 g	3.5 g
Sat. Fat (g)	11.9 g	2 g
Carbohydrate (g)	68.3 g	11.2 g
Sugars (g)	10.6 g	1.7 g
Protein (g)	41.1 g	6.8 g
Salt (g)	3.1 g	0.5 g

*Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Mash the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat. Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**.



### Bake the Pie

- Spread an even layer of mash over the creamy **hake** filling with the back of a spoon.
- Sprinkle the **cheese** over the top.
- Bake on the top shelf of your oven until golden, 12-15 mins.



### Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **onion**.
- Place a large pan over medium-high heat with a drizzle of **oil** and 1 tbsp **butter** (double for 4p).
- When hot, fry the **onion** until softened, stirring occasionally, 4-5 mins.
- Meanwhile, chop the **hake** into 2cm chunks. **IMPORTANT:** Wash hands and equipment after handling raw fish.



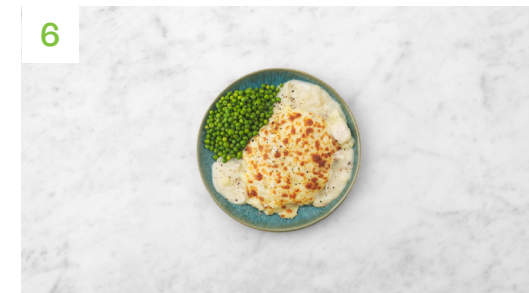
### Warm the Peas

- Meanwhile, place a small pot over medium-high heat with a drizzle of **oil**.
- Pop in the **garlic** and **peas**.
- Cook until warmed through, 3-5 mins.
- Season to taste with **salt** and **pepper**.



### Make the Sauce

- Add 2 tbsp **flour** (double for 4p) to the pan. Cook until a paste forms, 1-2 mins.
- Stir in 150ml **water** (double for 4p) and **stock**. Bring to the boil. Simmer, stirring, until thickened, 1-2 mins.
- Once thickened, stir through the **creme fraiche** along with the **fish**.
- Simmer until the **fish** is cooked, 3-4 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Pour the contents of your pan into an appropriately-sized oven dish.



### Finish and Serve

- When everything is ready, divide the cheesy **fish** pie between plates.
- Serve with the garlicky **green peas** alongside.

Enjoy!