







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## Quick and Easy Purple Potato Fish Pie

At the Hello Fresh Farm we love to reinvent a classic dish and make it even better. In this dish we have made the classic fish pie, which is normally quite fatty, into a super simple, quick and easy to prepare meal. In addition, we're adding funky purple potato mash, with all of the deliciousness of regular mash, but more of the nutritional benefits of the antioxidant rich purple potato.



45 mins



eat within  
2 days



healthy



5 of your  
5 a day



family box



Purple Potato (2 packs)



Leek (2)



Flat Leaf Parsley  
(1 bunch)



Sweetcorn (1 tin)



Water (50ml)



Fish Stock Pot (1)



Crème Fraîche  
(1 large pot)



Fish Pie Mix  
(425g)



Netherend Butter  
(30g)


## 4 PEOPLE INGREDIENTS

- Purple Potato, chopped
- Leek, sliced
- Flat Leaf Parsley, chopped
- Sweetcorn
- Water

**2 packs**  
**2**  
**1 bunch**  
**1 tin**  
**50ml**

- Fish Stock Pot
- Crème Fraîche
- Fish Pie Mix
- Netherend Butter

**1**  
**1 large pot**  
**425g**  
**30g**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Purple potatoes are native to South America, they have been cultivated in Peru for over 8000 years!

**Allergens:** Fish, Crustaceans, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	640 kcal / 2695 kJ	20 g	6 g	58 g	13 g	580 g	3 g
<b>Per 100g</b>	95 kcal / 401 kJ	3 g	1 g	9 g	2 g	9 g	0 g

**Fish Stock Pot:** Water, Glucose Syrup, Salt, Yeast Extract, Natural Flavourings (Crustaceans), Sugar, Dried Cod (Fish), Vegetable Oil, Stabiliser (Tara Gum), Dried Garlic, Dried Leek, Dried Onion, Dried Tomato, Fennel, Bay, White Pepper, Parsley.

2



**1** Put a large pot of water on to boil with a pinch of **salt**. Chop the **purple potato** into roughly 2cm chunks (no need to peel). Once the water is boiling, pop your **potato** into the pot and cook for 15 mins or until your **potato** is cooked. **Tip:** *The potato is cooked when you can easily slip a knife through.* Once cooked, drain and pop back into the pot with the lid on. Pre-heat your oven to 200 degrees.

**2** Cut the bottom and the top 2cm off the **leek**. Cut in half lengthways then slice into 1cm wide half moons. Separate the **parsley leaves** from their **stalks**. Roughly chop the **leaves** and finely chop the **stalks**. Drain and rinse the **sweetcorn** in a sieve or colander. Boil your kettle.

3

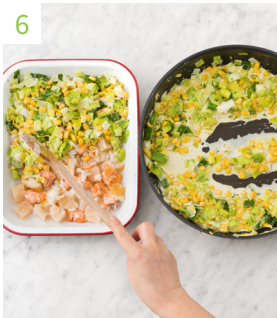


**3** Put a large frying pan or wide bottomed saucepan on medium heat with a drizzle of **oil** and add your **leek** along with a pinch of **salt** and a grind of **black pepper**. Cook for 6-7 mins until soft (if it browns slightly, don't worry, this will just add to the flavour!). Once your **leek** is soft, add your **sweetcorn** and **parsley leaves** and stir together. Cook for a further 2 mins, then remove the pan from the heat.

**4** Pour boiling **water** from the kettle (amount specified in the ingredient list) into a measuring jug and add the **fish stock pot**. Stir to dissolve.

**5** Add the **crème fraîche** to your **leek** and **sweetcorn** and mix well. Add your **stock**, and stir everything together.

6



**6** Put your **fish pie mix** in the bottom of an ovenproof dish and spoon your **veggies** on top (include any excess **sauce**).

**7** When your **potato** is drained and back in the pot, add your **parsley stalks**, **butter** and a splash of **milk** (if you have some) along with some **salt** and **pepper**. Mash until smooth.

**8** Layer your **mashed potato** on top your **veggies** and flatten it out. Using a fork, make lines in the top of the pie (see picture). **Tip:** *This will give you some crispy edges.*

8



**9** Cook your **fish pie** in your oven for 15 mins, then turn your grill to high and place underneath, until the top is slightly crispy. **Tip:** *The fish is cooked when opaque and flaky.* While your pie is cooking, do your washing up!

**10** When cooked, spoon your **fish pie** into bowls and devour!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!