



Salmon and Vegetable Pie

with Potato Topping



20-30min



2 Portions

Looking for the ultimate comfort food? Look no further than this fish pie. The lightly creamy sauce is packed full of veggies and chunks of salmon with a touch of fresh dill, the perfect flavour complement for seafood. With lovely crispy tips, roasted grated potato becomes a delicious topping.

What we send

- 4
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* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- butter ⁷
- milk ⁷
- olive oil spray
- plain flour ¹
- sea salt and pepper

Utensils

- baking paper
- box grater
- medium saucepan
- ovenproof dish
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced.

Allergens

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 645kcal, Fat 37.0g, Carbs 41.2g, Proteins 35.1g



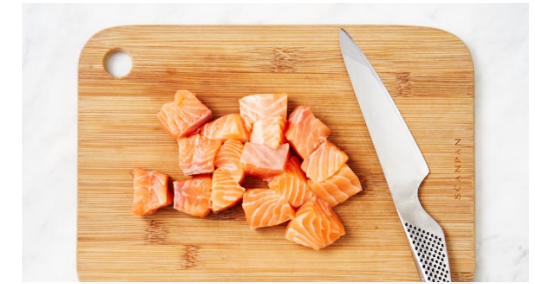
1. Start cooking potato

Read through the recipe. Heat the oven to 220C (see cooking tip). Line an oven tray with baking paper. Coarsely grate the **unpeeled potato** and spread onto the prepared tray. Season with **salt and pepper** and spray with **olive oil spray**. Bake for 10 mins or until golden.



2. Prepare ingredients

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Peel and finely chop the **carrot**. Coarsely chop the **dill**, discarding the stems. Discard the husk and silks from the **corn**. Slice the corn kernels from the cob. Crumble **1 stock cube**** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



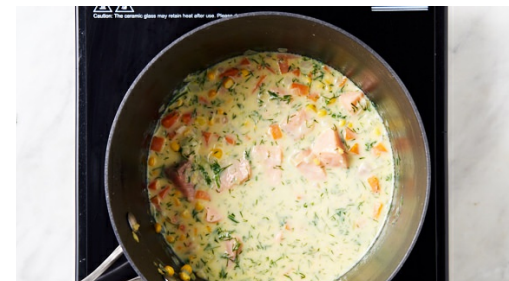
3. Prepare salmon

Put the **salmon** on a board and using a sharp knife carefully slice between the skin and the flesh, to remove the skin. Discard the skin. Cut the salmon into 2cm chunks. Lightly grease a small ovenproof dish.



4. Cook vegetables

Heat **40g butter** in a medium saucepan over medium-high heat. Cook **carrot, onion and garlic**, stirring regularly, for 3-5 mins until softened. Add the **corn** and cook for a further 2 mins.



5. Make sauce

Add **1 tbs flour** and stir for 1 min. Gradually whisk in the **stock** and **125ml (½ cup) milk** until combined. Bring to a simmer, then cook for 1-2 mins until thickened slightly. Taste, then season with **salt and pepper**. Stir in the **salmon** and **dill** and cook, stirring occasionally, for a further 1 min.



6. Top with potato

Transfer the **salmon mixture** to the ovenproof dish. Scatter with the **grated potato** and lightly spray with **olive oil spray**. Bake on the top shelf for 5 mins or until golden.