



## Salmon and Vegetable Pie

with Potato Topping



20-30min



4 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

## What you'll require

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

## Utensils

- baking paper
- box grater
- large 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 625kcal, Fat 36.8g, Carbs 37.4g, Proteins 34.4g



### 1. Start cooking potato

**Read through the recipe.** Heat the oven to 220C (see cooking tip). Line 2 oven trays with baking paper. Coarsely grate the **unpeeled potatoes** and spread onto the prepared trays. 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 **carrots**. Coarsely chop the **dill**, discarding the stems. Discard the husk and silks from the **corn**. Slice the corn kernels from the cob. Crumble the **stock cubes** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve.



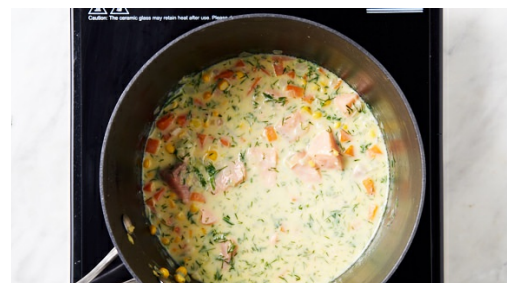
### 3. Prepare salmon

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 large ovenproof dish.



### 4. Cook vegetables

Heat **80g butter** in a large 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 **2 tbs flour** and stir for 1 min. Gradually whisk in the **stock** and **250ml (1 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.