



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Corn Cob

Corn is also known as maize. It originated in Mexico more than 10,000 years ago!



A2 Classic Fish Pie with Mashed Potato Top

A creamy, mornay-based pie filling with white fish, corn, broccoli and carrot topped with mashed potatoes and baked in the oven until golden.

 25 minutes

 2 servings

 Fish

8 July 2022

Switch it up!

Use the potatoes to make oven-baked chips instead! Serve with pan-cooked fish and vegetables on the side for a child friendly meal.

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
CORN COB	1
BROCCOLI	1
FULL CREAM MILK	1 pouch
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

butter, olive oil, salt, pepper, dried dill, plain flour, dijon mustard

KEY UTENSILS

large frypan, saucepan, oven dish (see notes)

NOTES

You can use an ovenproof frypan instead of an oven dish if you have one.

Add some grated cheese before grilling for a cheesy finish!



1. COOK THE POTATOES

Set oven grill to 250°C.

Dice potatoes (peel if preferred). Add to a saucepan and cover with water. Bring to boil and simmer for 10-15 minutes until tender (see step 5).



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp butter**. Dice carrot. Remove corn from cob and chop broccoli (use to taste) into small pieces. Add all to pan as you go, along with **1/2 tsp dried dill**. Cook for 6-8 minutes until softened.



3. PREPARE THE SAUCE

Stir **1 1/2 tbsp flour** and **1/2 tbsp mustard** through vegetables. Slowly stir through milk and **1 cup water** until combined.



4. ADD THE FISH

Rinse and dice fish into smaller pieces. Add to sauce, cover and simmer for 5 minutes until thickened and fish is cooked. Season with **salt and pepper**.



5. MASH THE POTATOES

Reserve **1/4 cup cooking water** before draining potatoes. Mash potatoes with reserved **cooking water, salt and pepper**.



6. FINISH AND SERVE

Transfer fish filling to an oven dish. Spread mashed potatoes evenly on top of filling and drizzle with **olive oil** (see notes). Grill in oven for 5 minutes until golden. Serve pie at the table.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

