



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!



## A4 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

 4 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	800g
CARROT	1
CORN COBS	2
BROCCOLI	1
FULL CREAM MILK	1 pouch
WHITE FISH FILLETS	2 packets

## 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 cobs and chop broccoli into small pieces. Add all to pan as you go along with **1 tsp dried dill**. Cook for 6-8 minutes until softened.



### 3. PREPARE THE SAUCE

Stir **2 tbsp flour** and **1 tbsp mustard** through vegetables. Slowly stir through milk and **2 cups 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 **1/2 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**

