




Product Spotlight: Panko Crumbs


Panko crumbs are Japanese-style bread crumbs made from white bread without crusts; they absorb less oil/butter when cooking and stay crispier for longer.



Country Fish Pie with Crunchy Topping

A tarragon fish pie with broccoli and corn in a creamy sauce, topped with golden crumbed potato top and baked in the oven until crunchy.

 40 minutes

 4 servings

 Fish

Switch it up!

You can steam or blanch the broccoli and serve on the side if preferred. Sprinkle some parmesan cheese on top of the pie before baking for a cheesy crust.

Per serve: **PROTEIN** 19g **TOTAL FAT** 15g **CARBOHYDRATES** 30g

FROM YOUR BOX

MEDIUM POTATOES	800g
LEEK	1
CELERY STALKS	2
BROCCOLI	1
CORN COBS	2
WHITE FISH FILLETS	2 packets
BAVARIAN MUSTARD	1 small jar
FULL CREAM MILK	250ml
PANKO CRUMBS	1 packet

FROM YOUR PANTRY

butter or olive oil, salt, pepper, dried tarragon, plain flour (or flour of choice)

KEY UTENSILS

large frypan with lid, saucepan, oven dish

NOTES

Mash the potatoes with 1/2 cup milk or reserved cooking liquid and butter for a smoother finish.

Use an ovenproof frypan if you have one, then you don't have to transfer the fish mixture to an oven dish.

Rinse the fish fillets before using to remove any stray scales.

Dried tarragon can be substituted with dried or fresh thyme or rosemary.

No gluten option – panko crumbs are replaced with herb & garlic lupin crumbs.



1. COOK THE POTATOES

Set oven grill to 220°C.

Chop **potatoes**. Add to a saucepan and cover with water. Bring to a boil and simmer for 15 minutes until tender. Drain and mash (see notes). Season with **salt and pepper**. Set aside.



2. SAUTÉ THE VEGETABLES

Meanwhile, slice **leek** and **celery**. Cut **broccoli** into small florets. Remove **corn kernels** from cobs. Heat a large frypan over medium-high heat with **1 tbsp butter** or **olive oil** (see notes). Add prepared ingredients and cook for 5 minutes.



3. ADD THE FISH

Dice and add **fish** to pan along with **2 tsp tarragon** and **mustard** (see notes). Stir in **3 tbsp flour** until **fish** is coated.



4. SIMMER THE SAUCE

Slowly pour in **milk** and **2 cups water**. Cover and simmer for 10 minutes until thickened. Season with **salt and pepper** to taste.



5. BAKE THE PIE

Transfer **fish filling** to an oven dish. Cover with **mashed potato**, **panko crumbs** and drizzle with **1 tbsp olive oil**. Bake for 5 minutes until top is crunchy.



6. FINISH AND SERVE

Allow pie to sit for 5 minutes before serving.

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