



### Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



## Bombay Fish Pie

### with Potato Top and Crispy Curry Leaves

We love a twist on a classic, and this fish pie is no exception; flavoured with a custom blend of spices, packed with veggies and topped with mashed potato and crispy curry leaves!



30 minutes



2 servings



Fish

4 August 2023

## Switch it up!

*We think this pie is great, but you can make it more traditional if you prefer! Save the Bombay spice mix to make a mild curry, and use 1 tbsp mustard in the pie instead, and switch the curry leaves for fresh chives.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	12g	49g

## FROM YOUR BOX

MEDIUM POTATOES	3
BROWN ONION	1
TOMATO	1
BOMBAY SPICE MIX*	1 packet
CARROT	1
WHITE FISH FILLETS	1 packet
ENGLISH SPINACH	1 bunch
CURRY LEAVES	1 frond

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

\*The Bombay spice mix is made with black mustard seeds, ground cumin, ground turmeric and fennel seeds.

Rinse fish fillets with cold water before adding to pie filling.

Thoroughly wash spinach before adding to pie

For a creamy mash, substitute cooking liquid with milk and or butter.



### 1. BOIL THE POTATOES

Set oven grill to 250°C.

Roughly chop potatoes. Add to a saucepan and cover with water. Bring to a boil and simmer for 10-15 minutes until potatoes are soft. Reserve **1/2 cup cooking water** then drain potatoes (see step 4).



### 4. BAKE THE PIE

Mash potato with **1/4-1/2 cup cooking water, salt and pepper** (see notes). Transfer pie filling to an oven dish (reserve frypan). Spread mash over filling and drizzle with **olive oil**. Grill in oven for 5 minutes or until golden.



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion and add to pan as you go. Sauté for 3-4 minutes until onion begins to soften. Dice tomato and add to pan along with spice mix. Cook for a further 1-2 minutes until fragrant.



### 5. CRISP THE CURRY LEAVES

Wipe reserved frypan clean. Heat over medium-high heat with **1/2 tbsp oil**. Add curry leaves and cook for 3-4 minutes until crisp.



### 3. SIMMER THE PIE FILLING

In a jug whisk together **1 cup water** and **1 1/2 tbsp cornflour**. Grate carrot and dice fish fillets (see notes). Add both to pan and stir to combine. Simmer for 8-10 minutes. Chop spinach (see notes) and add to pan. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Serve pie tableside. Garnish with crispy curry leaves.



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