



### 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 corn and potato in a creamy sauce, topped with golden panko crumbs and baked in the oven until crunchy, served with a side of broccoli.



40 minutes



2 servings



Fish

19 May 2023

## Switch it up!

*You can finely chop the broccoli and add it to the pie filling instead of serving on the side. Use extra potatoes or carrots to make a mash for the pie topping, finished with panko crumbs.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	17g	59g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
CELERY STALK	1
MEDIUM POTATO	1
CORN COB	1
WHITE FISH FILLETS	1 packet
MUSTARD	1 jar
FULL CREAM MILK	200ml
BROCCOLI	1
PANKO CRUMBS	1 packet (40g)

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan with lid, frypan, oven dish

## NOTES

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

**No gluten option** – panko crumbs are replaced with lupin crumbs.



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### 1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large frypan over medium-high heat with **1 tbsp butter** or **olive oil** (see notes). Slice spring onions and celery. Dice potato (1cm), add all to pan along with corn kernels. Cook for 5 minutes.



### 2. ADD THE FISH

Dice and add fish to pan along with **1 tsp tarragon** and mustard. Stir in **2 tbsp flour** until fish is coated.



### 3. SIMMER THE SAUCE

Slowly pour in milk and **1 cup water**. Cover and simmer for 10 minutes until thickened. Season with **salt and pepper** to taste.



### 4. BLANCH THE BROCCOLI

Fill a second frypan with water. Cut broccoli into small florets and add to pan. Bring to a simmer and cook for 5 minutes until tender. Drain and toss with **1 tbsp butter** (optional).



### 5. BAKE THE PIE

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



### 6. FINISH AND SERVE

Serve pie with a side of broccoli.

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