



Product Spotlight: Lupin Crumb

We love lupin flakes as they are a rich source of protein and fibre! They are also gluten free and low in carbs.



1 Caramelised Leek and Fish Pie

Caramelised leek with broccoli and white fish fillets, baked into a pie, served with a fresh side salad.

 30 mins

 2 servings

 Fish

11 June 2021

Make a mash!

Use mashed potato to top your pie, then sprinkle the lupin crumb over the top for a more traditional fish pie.

Per serve: **PROTEIN** 36g **TOTAL FAT** 17g **CARBOHYDRATES** 16g

FROM YOUR BOX

LEEK	1/2 *
BROCCOLINI	1
SEEDED MUSTARD	1 jar
WHITE FISH FILLETS	1 packet
LUPIN CRUMBS	1 packet (70g)
MESCLUN LEAVES	1 bag
SUGAR SNAP PEAS	1/2 bag (75g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried dill (or dried tarragon), flour (of choice), vinegar (of choice)

KEY UTENSILS

large frypan, roasting dish

NOTES

Use milk instead of water for a richer flavour.

You could add any number of extra flavours to this pie if you like, including sour cream, a stock cube, fresh dill, as well as any hearty vegetables you may have in the fridge.

Rinse the fish under cold water before using to remove any stray scales.

No fish option - white fish fillets are replaced with smoked chicken breast. Smoked chicken does not require further cooking, mix into pie mixture and bake as per instructions.



1. CAMELISE LEEK

Set oven to 220°C.

Heat a frypan over medium-high heat with **butter (or oil)**. Thinly slice leek, add to pan as you go. Cook for 5–8 minutes until caramelised.



2. COOK BROCCOLINI

Roughly chop broccolini, add to pan as you go with **1/2 tsp dried dill** and **1 tbsp flour**. Stir to combine. Pour in **3/4 cup water** (see notes) and 1 tsp mustard, season with **salt and pepper** (see notes), simmer for 4–6 minutes until thick.



3. ADD FISH

Dice fish (see notes) and add to pan. Stir to combine.



4. BAKE THE PIE

In a small bowl, mix together lupin crumbs with **1 tbsp oil, salt and pepper**. Pour pie mixture into a roasting dish, top with lupin crumbs. Bake in the oven for 10–12 minutes until crumbs are golden brown.



5. MAKE THE SIDE SALAD

In a bowl whisk together **1 tbsp olive oil, 1 tsp vinegar, 1 tsp mustard, salt and pepper**. Slice sugar snaps peas, add to the bowl with mesclun leaves, toss together.



6. FINISH AND PLATE

Evenly divide salad and fish pie among plates.

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**

