



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4 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	TOTAL FAT	CARBOHYDRATES
	29g	9g	10g



## FROM YOUR BOX

LEEK	1
BROCCOLI	1
SEEDED MUSTARD	2 jars
WHITE FISH FILLETS	2 packets
LUPIN CRUMBS	1 packet (70g)
MESCLUN LEAVES	1 bag
SUGAR SNAP PEAS	1/2 bag (125g) *

*\*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. CARAMELISE 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 BROCCOLI

Roughly chop broccoli (including tender stems), add to pan as you go with **1 tsp dried dill** and **2 tbsp flour**. Stir to combine. Pour in **1 1/2 cup water** (see notes) and 1 jar 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, 2 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**

