

Cheesy Homestyle Fish Pie

with Filo Pastry & Apple Salad

NEW

Grab your meal kit with this number

17



Carrot



Celery



Onion



Garlic



Hoki Fillets



Nan's Special Seasoning



Chicken-Style Stock Powder



Shredded Cheddar Cheese



Filo Pastry



Apple



Mixed Salad Leaves



Diced Bacon



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Eat Me First

Who doesn't love a pie? We know we do, and we know you'll love this one too. Tender hoki is gently cooked and stirred through a cheesy, veggie-packed filling. Flavoured with secret spices and encased in golden, flaky filo, this pie is sure to be a hit!

Pantry items

Olive Oil, Butter, Plain Flour, Milk, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
onion	½	1
garlic	2 cloves	4 cloves
hoki fillets	1 packet	2 packets
butter*	40g	80g
plain flour*	1 tbs	2 tbs
milk*	1 cup	2 cups
Nan's special seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
filo pastry	1 medium packet	1 large packet
apple	1	2
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3056kJ (730cal)	290kJ (69cal)
Protein (g)	43.2g	4.1g
Fat, total (g)	32.6g	3.1g
- saturated (g)	16.9g	1.6g
Carbohydrate (g)	66.7g	6.3g
- sugars (g)	20.2g	1.9g
Sodium (mg)	1318mg	124.9mg
Dietary Fibre (g)	9g	0.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **carrot, celery, onion (see ingredients)** and **garlic**.
- Discard any liquid from **hoki fillet** packaging. Cut **fish** into 2cm chunks and season with **salt** and **pepper**.



Start the filling

- In a large frying pan, heat half the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **carrot, celery** and **onion**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and **plain flour**, then cook, stirring until fragrant, **1-2 minutes**.



Finish the filling

- Reduce heat to medium, then slowly stir in the **milk**.
- Add **Nan's special seasoning, chicken-style stock powder, shredded Cheddar cheese, fish** and a splash of **water**, then simmer, stirring, until combined, **2-3 minutes**.
- Transfer filling to a baking dish.



Bake the pie

- In a small microwave-safe bowl, place the remaining **butter** and microwave in **10 second** bursts until melted.
- Lightly scrunch each sheet of **filo pastry** and place on top of **hoki mixture** to completely cover. Gently brush **melted butter** over to coat.
- Bake **pie** until golden, **20-25 minutes**.



Make the salad

- Meanwhile, thinly slice **apple**.
- In a medium bowl, combine **mixed salad leaves, apple** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Serve up

- Divide cheesy homestyle fish pie between plates.
- Serve with apple salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW39

CUSTOM OPTIONS



ADD DICED BACON

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD PEELED PRAWNS

Cook with fish, tossing, until pink and starting to curl up, 3-4 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

