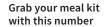


Cheesy Homestyle Fish Pie with Filo Pastry & Apple Salad

NEW























Chicken-Style



Cheese

Stock Powder

Filo Pastry





Mixed Salad Leaves





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



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!



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

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
celery	1 stalk	2 stalks	
onion	1/2	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!





ADD DICED BACON

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



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.

