



Cod Pie

with Parmesan Mashed Potatoes

 1h  2 Servings

This dish takes comfort food to the next level by bringing together the best elements of a creamy chowder and shepherd's pie. A hearty filling of peas and cod combines with a silky blend of milk and butter, with a touch of hondashi for incredible umami flavor. We cover the top of the pie with a decadent layer of mashed potatoes infused with sour cream and Parmesan, then bake to a golden finish.

What we send

- 2 potatoes
- 2 (1 oz) sour cream ¹
- ¾ oz Parmesan ¹
- 1 yellow onion
- ¼ oz fresh chives
- 10 oz pkg cod filets ⁴
- ¼ oz hondashi ⁴
- 2½ oz peas

What you need

- kosher salt & ground pepper
- 5 Tbsp unsalted butter ¹
- 1 large egg yolk ²
- all-purpose flour ³
- 1 cup milk ¹

Tools

- medium saucepan
- potato masher or fork
- medium ovenproof skillet
- microplane or grater

Allergens

Milk (1), Egg (2), Wheat (3), Fish (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 43g, Carbs 69g,
Protein 44g



1. Cook potatoes

Peel **potatoes**; cut into 1-inch pieces. Add to a medium saucepan with enough **salted water** to cover by 1-inch. Bring to a boil over high heat. Cook over medium-low heat until fork-tender, 15-20 minutes. Drain potatoes; return to saucepan off heat.

Add **sour cream** and **2 tablespoons butter**; mash with a potato masher or fork until smooth.



4. Cook fish

Increase heat to medium-high and bring to a simmer. Lower heat to maintain simmer and cook, stirring frequently, until mixture resembles thick chowder, about 5 minutes.

Season **fish** all over with **salt** and **pepper**; add fish and **peas** to **sauce**. Cover and cook at a gentle simmer, stirring occasionally, until fish is just cooked through, 4-6 minutes.



2. Finish potatoes & prep

Finely grate **Parmesan**. Fold half the Parmesan and **1 large egg yolk** into **potatoes**; season to taste with **salt** and **pepper**. Set aside.

Finely chop **onion** and **chives**, keeping separate. Pat **fish** dry; cut into 1-inch pieces.



5. Assemble pie

Remove skillet from heat and stir in **chives**; season to taste with **salt** and **pepper**. Set oven to broil with a rack 8-inches from heating element.

Spoon **potato topping** over filling, starting at edges and working towards center; smooth with a spatula so it covers filling entirely. Using the tines of a fork, make ridges on surface. Sprinkle **remaining Parmesan** over top.



3. Make sauce

In a medium ovenproof skillet, melt **3 tablespoons butter** over medium-low heat. Add **onions** and a **pinch of salt**. Cook, stirring occasionally, until onions are softened, 7-8 minutes. Add **2½ tablespoons flour**; cook, stirring constantly, for 1 minute.

Gradually add **1 cup milk**; stir until mixture is smooth. Stir in **hondashi** and **1 cup water**.



6. Broil & serve

Broil **fish pie** until topping is golden-brown and crusty and filling is bubbling, 6-8 minutes (watch closely as broilers vary). Let cool for 10 minutes before serving. Enjoy!