



Creamy Seafood Pot Pie

READY IN



25 min.

SERVINGS



6

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup celery chopped
- ☐ 1 large egg yolk
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 pounds halibut fillet cut into 2-inch cubes
- ☐ 1.5 cups haricots verts halved
- ☐ 2 small leeks white with 1 inch of green, chopped

- ☐ 4 cups milk
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 1.5 teaspoons salt
- ☐ 2.5 cups sweet potatoes and into cubed
- ☐ 1 tablespoon water

Equipment

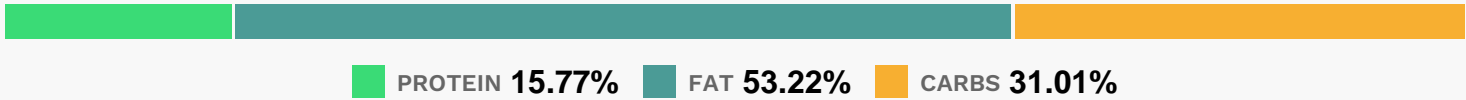
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter over medium-high heat in a large Dutch oven. Saut potato, leeks, and celery for 10 minutes.
- ☐ Add thyme and garlic; cook 1 minute.
- ☐ Sprinkle flour over vegetables, and cook, stirring constantly, 3 minutes.
- ☐ Whisk in milk; bring to a boil. Reduce heat to low, and simmer 2 to 3 minutes or until potato is almost tender.
- ☐ Add cod and next 3 ingredients; return mixture to a simmer.
- ☐ Remove from heat. (Fish will be undercooked.) Ladle filling into 4 to 6 individual ovenproof soup crocks.
- ☐ Roll out pastry on a lightly floured surface until smooth.
- ☐ Cut pastry into circles, cutting the circles 1 inch larger than the mouth of the soup crocks.
- ☐ Whisk together egg yolk and 1 tablespoon water; brush underside of pastry edges with egg wash (see glossary, page 14
- ☐ and place over crock, pressing edges to seal.

- ☐ Brush tops with egg wash.
- ☐ Place crocks on baking sheet.
- ☐ Bake at 400 for 14 to 16 minutes or until pastry is golden brown.

Nutrition Facts



Properties

Glycemic Index:90.67, Glycemic Load:36.11, Inflammation Score:-10, Nutrition Score:37.647391402203%

Flavonoids

Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 914.33kcal (45.72%), Fat: 54.29g (83.52%), Saturated Fat: 21.3g (133.13%), Carbohydrates: 71.19g (23.73%), Net Carbohydrates: 66.24g (24.09%), Sugar: 13.1g (14.55%), Cholesterol: 146.36mg (48.79%), Sodium: 1099.08mg (47.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.39%), Vitamin A: 9532.21IU (190.64%), Selenium: 80.97µg (115.68%), Vitamin B3: 12.3mg (61.5%), Phosphorus: 562.51mg (56.25%), Vitamin B6: 1.01mg (50.61%), Vitamin D: 7.27µg (48.48%), Manganese: 0.92mg (46.04%), Vitamin K: 47.02µg (44.78%), Vitamin B1: 0.65mg (43.45%), Vitamin B2: 0.65mg (38.3%), Vitamin B12: 2.21µg (36.89%), Folate: 141.95µg (35.49%), Potassium: 1163.32mg (33.24%), Calcium: 285.6mg (28.56%), Iron: 4.37mg (24.26%), Magnesium: 94.95mg (23.74%), Fiber: 4.95g (19.81%), Vitamin B5: 1.75mg (17.51%), Vitamin E: 2.31mg (15.41%), Copper: 0.3mg (14.81%), Vitamin C: 11.1mg (13.46%), Zinc: 2mg (13.3%)