

FEED-A-FAMILY PILCHARD CURRY PIE

Serves 4-6

INGREDIENTS

15 slices white bread
4 tbsp melted butter
½ onion, sliced
1 tbsp curry powder
1 large potato, peeled and sliced into small cubes (2x2cm)
1 tin (400g) Lucky Star Pilchards in Tomato Sauce
1 tin (400g) Lucky Star Chakalaka Mild & Spicy
¾ cup mixed frozen vegetables (carrots and peas)
Salt and pepper, to season

Serving suggestions:

Fresh chopped coriander
Tomato and onion salsa
Vegetable atchar
Chutney

METHOD

1. Preheat the oven to 200°C and grease a 25cm baking dish with medium high sides.
2. Remove the crusts of the bread slices. Brush one side of the bread slices with melted butter and line the bottoms and the sides of the dish with the buttered side facing down. Pinch the edges of the bread together to seal. Blind bake the bread slices, with baking paper and dried rice, in the tin until crisp, about 10 minutes. **Chef's Tip: Blind bake to ensure the bread slices don't shrink.* Blitz the remaining bread slices and crust off-cuts in the blender until you have breadcrumbs and set aside.
3. In the meantime, prepare the pilchard curry. Sauté the onions in an oiled pot over a medium heat, about 3 minutes until soft.
4. Add the curry powder and potato chunks and stir until fragrant, 30 seconds.
5. Shred the Lucky Star Pilchards into big chunks and set aside. Add the tomato sauce from the pilchard tins to the onions along with the tin of Lucky Star Chakalaka. **Chef's Tip: Debone the pilchards if desired.*
6. Bring the curry to a boil, and allow to simmer on a low heat for about 20-25 minutes until the potatoes are tender. Add the pilchards and the mixed frozen vegetables. Allow to simmer for another 5 minutes. Season to taste with salt and pepper. Ensure the remaining liquid has thickened.
7. Allow the curry to cool before spooning into the bread-lined dish. Generously sprinkle the prepared breadcrumbs over the dish, forming a 1cm thick layer.
8. Bake, uncovered, for about 15 minutes or until the top is golden brown.

9. Use a sharp bread knife to slice 4-6 portions. Garnish with chopped coriander. Serve with sambals like tomato and onion salsa, vegetable atchar and chutney and ENJOY!