



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lemon

Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair and skin, and stronger nails!



## A2 Creamy Garlic Fish with Mashed Potato

Pan cooked herby fish fillets with a creamy garlic and lemon sauce, served with fluffy mashed potatoes and a side of sautéed butter vegetables.



30 minutes



2 servings



Fish

29 April 2022

## Switch it up!

*You can transform this dish into a delicious fish pie! Chop the veggies and sauté until tender. Dice and add fish to cook along with the cream sauce ingredients. Top with mashed potato and bake!*

## FROM YOUR BOX

MEDIUM POTATOES	500g
GARLIC CLOVE	1
LEMON	1
CREAM CHEESE	1 tub
BRUSSELS SPROUTS	150g
CARROT	1
WHITE FISH FILLETS	1 packet

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried Italian herbs

## KEY UTENSILS

kettle, large saucepan with lid, small saucepan, frypan

## NOTES

You can add the remaining cream cheese to the potatoes for a cheesy mash! Otherwise, any leftover cream cheese can be used to make a pasta sauce, on some toast, or as a dip for veggie sticks.



### 1. BOIL THE POTATOES

Boil the kettle.

Peel (optional) and dice potatoes. Place in a large saucepan and cover with hot water from kettle. Simmer for 10–12 minutes until tender (see step 4).



### 4. MASH THE POTATOES

Reserve **1/4 cup cooking water** before draining potatoes. Return to pan and mash with **1/2 tbsp butter** and reserved cooking water until smooth (see notes). Season with **salt and pepper**.



### 2. MAKE THE CREAM SAUCE

Add 1 crushed garlic clove, 1/2 lemon zest, 1/2 tbsp lemon juice, 1/2 tub cream cheese and **1/2 cup water** to a small saucepan. Place over medium–high heat and gently whisk until combined. Set aside.



### 5. COOK THE FISH

Coat fish with **1/2 tsp dried Italian herbs, oil, salt and pepper**. Reheat pan over medium–high heat. Cook for 3–4 minutes each side or until cooked through. Pour over cream sauce to heat through.



### 3. COOK THE VEGGIES

Heat a frypan over medium heat. Halve sprouts and cut carrot into batons. Add to pan along with **1/2 tbsp butter** and **1/4 cup water**. Cover and cook for 5 minutes until tender. Remove from pan.



### 6. FINISH AND SERVE

Divide mashed potato, veggies and fish among plates. Spoon over extra sauce and serve with lemon wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

