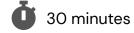




Creamy Garlic Fish

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.





4 servings



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	1kg
GARLIC CLOVES	2
LEMON	1
CREAM CHEESE	1 tub
	41 1
BROCCOLINI	1 bunch
BRUSSELS SPROUTS	1 bunch 150g
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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 sliced chives or a chopped fresh herb to the sauce if you have some!



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).



2. MAKE THE CREAM SAUCE

Add 2 crushed garlic cloves, 1/2 lemon zest, 1/2 tbsp lemon juice, cream cheese and 3/4 cup water to a small saucepan (see notes). Place over medium-high heat and gently whisk until combined. Set aside.



3. COOK THE VEGGIES

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



4. MASH THE POTATOES

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



5. COOK THE FISH

Coat fish with 1 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.



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



