



Product Spotlight: Leek

Because leeks are grown in sandy soil, they trap grit between their layers. Simply slice and rinse thoroughly under running water. This quick step ensures clean, silky results every time.



Irish Fish Stew

Creamy white fish and crisp green beans simmered with tender potatoes, carrots and leek in a fragrant broth, finished with fresh parsley and served with warm seeded dinner rolls.



30 minutes



Fish



2 servings

Leftovers!

Turn leftovers into a quick fish pie: spoon into an ovenproof dish, top with extra mashed potato or crumbled rolls and grill until golden and bubbling.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 40g | 39g | 63g |

FROM YOUR BOX

| | |
|---------------------|----------|
| MEDIUM POTATO | 1 |
| CARROT | 1 |
| GREEN BEANS | 150g |
| LEEK | 1 |
| GARLIC CLOVE | 1 |
| PARSLEY | 1 packet |
| WHITE FISH FILLETS | 1 packet |
| CREAM | 300ml |
| SEEDED DINNER ROLLS | 2-pack |

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube of choice (see notes), dried thyme

KEY UTENSILS

large saucepan, oven tray

NOTES

We used a vegetable stock cube.

If preferred, warm rolls in a frypan or sandwich press. You can use the rolls to make mini garlic bread rolls.

No gluten option – dinner rolls are replaced with **GF flatbread**. Rub with oil and toast in oven at 200°C for 5 minutes.



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1. PREPARE THE INGREDIENTS

Set oven to 200°C. Dice **potatoes** and **carrots**, trim **green beans** and cut into thirds, slice **leek** and crush **garlic**. Finely chop **parsley stems**, set **leaves** aside for garnish.

Rinse **fish fillets** with cold water and cut into large pieces.



4. WARM THE ROLLS

Halve the **rolls**. Place on an oven tray and warm in the oven for 5 minutes (see notes).



2. SAUTÉ THE INGREDIENTS

Heat a large saucepan over medium-high heat with oil. Add **leek**, **garlic**, **parsley stems** and **1 tsp thyme**. Season with **salt** and sauté for 5 minutes until **leek** has softened.



5. ADD THE FISH

Add **fish** and **green beans** to the **stew**. Simmer for 3–4 minutes or until the **fish** is cooked through. Remove from heat and season to taste with **salt and pepper**.



3. SIMMER THE STEW

Add **potatoes**, **carrots**, **cream**, **2 cups water** and **crumbled stock cube**. Cover and simmer for 15 minutes, or until **potato** is tender.



6. FINISH AND SERVE

Divide **stew** among bowls. Garnish with **parsley leaves** and serve with warm **rolls**.

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