

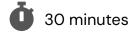




# **Pan-Fried Fish**

## with Pot Stomp

Pot stomp — a rustic potato and veggie mash — enjoyed with pan-fried white fish fillets and a rich cream cheese sauce.





4 servings



If preferred, pan-fry or boil the carrots and green beans separately to serve on the side. Or, instead of mash/stomp, you can make oven-roasted veggies.

#### **FROM YOUR BOX**

MEDIUM POTATOES	4
CARROTS	2
PARSNIPS	2
SHALLOT	1
MUSTARD	1 jar
CREAM CHEESE	1 tub
GREEN BEANS	150g
WHITE FISH FILLETS	2 packets
BASIL	1 packet

#### FROM YOUR PANTRY

butter/oil for cooking, salt, pepper, flour (plain or other)

#### **KEY UTENSILS**

large frypan, 2 saucepans

#### **NOTES**

Instead of water, you can add milk to the stomp.





#### 1. BOIL THE VEGETABLES

Chop potatoes, carrots and peeled parsnips into around 2cm pieces. Slice shallot. Place in a saucepan, cover with water, and bring to a boil. Simmer for 15–20 minutes or until tender (see step 3).



#### 2. MAKE THE SAUCE

Heat a small saucepan with 1 tbsp butter over medium heat. When foaming, add 1 tbsp flour and stir/whisk for 1 minute. Slowly stir in 1 cup water until well combined. Add 1 tbsp mustard and cream cheese and combine. Season to taste with salt and pepper.



#### 3. ADD THE BEANS

Trim and cut beans into 2-3cm pieces. Add to saucepan with vegetables for the last 5 minutes. Drain, reserving 1 cup water (see step 5).



#### 4. COOK THE FISH

Heat a large frypan over medium-high heat. Toss fish with **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



### 5. MAKE THE STOMP

Roughly mash the vegetables with 1 tbsp butter and roughly chopped basil (keep a little for garnish). Stir through reserved water (see notes) to desired consistency (we used 1/2 cup). Season with salt and pepper.



#### 6. FINISH AND SERVE

Serve stomp topped with sauce, fish and a sprinkle of reserved basil.

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



