



Product Spotlight: Parsnip

Back in the day, before sugar cane was around, Europeans commonly used parsnips to sweeten food. Try them once cooked; do you think they taste a little sweet?



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.



30 minutes



4 servings



Fish

Separate the veg!

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	16g	62g

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.



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