



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
	22g	15g	45g

FROM YOUR BOX

MEDIUM POTATOES	4
CARROTS	2
PARSNIPS	2
SHALLOT	1
DIJON 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

Peel the potatoes and carrots if you prefer!

For extra flavour in the pot stomp, substitute water with milk, add dried herbs such as thyme or rosemary, or some cheese.



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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 **mustard** and **cream cheese** and simmer until combined. 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 2–4 minutes each side or until cooked through.



5. MAKE THE STOMP

Roughly mash the **vegetables** with **1 tbsp butter** (see notes) and roughly chopped **basil** (keep a little for garnish). Stir through **reserved water** 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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