




Product Spotlight: Parsnips


Parsnips are a great source of soluble fibre, which is important for our digestive process because it helps with the healthy movement of food through the digestive tract.



E4 Fish Pie with Lemon Lupin Crumb

A nourishing fish pie to enjoy on cooler nights, filled with parsnips, white fish fillets and green beans, and topped with Coastal Crunch's lemon lupin crumb.

 30 minutes

 4 servings

 Fish

29 April 2022

Switch it up!

Instead of making a pie, make a tray bake with sliced parsnip and fish fillets. Sprinkle lupin crumb over the fish and bake until cooked through. Pan-fry beans and corn and use the mustard to make a sauce.

Per serve: **PROTEIN** 29g **TOTAL FAT** 3g **CARBOHYDRATES** 29g

FROM YOUR BOX

BROWN ONION	1
PARSNIPS	3
GREEN BEANS	1 bag (250g)
CORN COB	1
SEEDED MUSTARD	2 small jars
WHITE FISH FILLETS	2 packets
LUPIN CRUMB	1 packet (60g)
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon, flour of choice

KEY UTENSILS

large frypan, oven dish

NOTES

If you have an oven-proof frypan, you can use that to cook the mixture then place it directly into the oven instead of transferring the mixture into an oven dish.

You can swap the dried tarragon for dried dill, bay leaves or fresh parsley. Use milk instead of water for a richer pie.

Dress the watercress in olive oil and vinegar if desired. Alternatively, serve with lemon wedges to squeeze over.



1. SAUTÉ THE ONION

Set oven to 220°C.

Heat a large frypan (see notes) over medium-high heat with **oil**. Dice onion and thinly slice parsnips. Add to pan as you go. Sauté for 3–5 minutes until onion begins to soften.



2. MAKE THE SAUCE

Trim and slice green beans. Remove corn kernels from the cob. Add to pan as you go along with **1 tsp tarragon** (see notes) and **1 1/2 tbsp flour**. Stir to combine. Pour in **1 1/2 cups water** along with mustard. Simmer for 4–6 minutes until thickened.



3. ADD THE FISH

Rinse fish fillets with cold water. Roughly dice and add to pan. Stir to combine. Season with **salt and pepper**.



4. BAKE THE PIE

Transfer fish mixture into an oven dish. Cover with lupin crumbs and drizzle over **olive oil**. Bake pie for 12–15 minutes until crumbs are golden and fish is cooked through.



5. FINISH AND SERVE

Divide pie among plates. Serve with watercress (see notes).

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

