



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Carrot

The longest ever carrot was grown in the UK. It was a whopping 6.25 metres long. The heaviest carrot was grown in Minnesota, USA, and weighed 10.17 kilos!



1 Creamy Fish Mornay with Lemon Rice

Creamy, cheesy comfort food that's also good for you! Enjoy this dinner, rich in fresh veggies and locally caught fish.

 30 minutes

 2 servings

 Fish

24 August 2020

Make a pie

In step 4, you can place the fish mornay into an oven dish and sprinkle the cheese on top. Then, place in the oven for 10 minutes to brown. You can even make small individual pies for each family member!

FROM YOUR BOX

BASMATI RICE	150g
LEMON	1/2 *
RED ONION	1/2 *
CELERY STICK	1
CARROT	1
CORN COB	1
MILK	200ml
WHITE FISH FILLETS	1 packet
GRATED CHEDDAR CHEESE	1/2 packet (100g) *
BROCCOLI	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, flour (plain or other), seeded (or dijon) mustard, dried oregano

KEY UTENSILS

frypan, 2 saucepans

NOTES

Use the rice tub to easily measure right amount of water.

Add the broccoli to the mornay at step 4 to cook instead of blanching it, to save some dishes!

No fish option - white fish fillets are replaced with diced chicken breast fillet. Add to pan at step 2, cook for 2-3 minutes to seal, and then add veggies.



1. COOK THE LEMON RICE

Place rice and sliced lemon in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE VEGETABLES

Heat a frypan with **butter/oil**. Dice red onion, celery and carrot. Remove corn kernels from cob. Add to pan as you go and season with **1/2 tsp oregano, salt and pepper**. Cook for 3 minutes.



3. MAKE THE MORNAV SAUCE

Sprinkle in **1 1/2 tbsp flour** and cook, stirring, for 1 minute. Gradually add milk, stirring as you go. Simmer for 3-4 minutes until thickened.



4. ADD THE FISH

Cut fish into bite-sized pieces. Stir into sauce along with cheese and **1 tsp mustard**. Cook for 3-4 minutes until fish is cooked through (see notes).



5. COOK THE BROCCOLI

Heat another pan with **1/4 cup water**. Cut broccoli into florets and blanch for 2-3 minutes, until just tender. Remove and toss with **oil/butter, salt and pepper**.



6. FINISH AND PLATE

Adjust seasoning of the mornay with **salt and pepper** to taste.

Divide rice among bowls and spoon over mornay sauce. Serve broccoli on the side.

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**

