



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsnip

Back in the day throughout Europe parsnips were commonly used to sweeten foods. This was before sugar cane was introduced. Taste them after cooking yourself today; do you think they taste a little sweet?



1 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

 2 servings

 Fish

6 August 2021

Separate veg

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

FROM YOUR BOX

POTATOES	400g
CARROT	1
PARSNIP	1
LEEK	1/2 *
SEEDED MUSTARD	1 jar
CREAM CHEESE	1/2 block *
GREEN BEANS	1/2 bag (75g) *
WHITE FISH FILLETS	1 packet
BASIL	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, 2 saucepans

NOTES

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

Keep any left over cheese sauce in the fridge and use up on other vegetables.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. BOIL THE VEGETABLES

Chop potatoes, carrot and peeled parsnip into around 2cm pieces. Slice leek. Place in a saucepan, cover with water, and bring to the 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 roughly chopped 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 **1/2 cup water** (see step 5).



4. COOK THE FISH

Heat a 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 **1/2 tbsp butter** and roughly chopped basil (keep a little for garnish). Stir through **reserved water** (see notes) to desired consistency (we used 1/4 cup). Season with **salt and pepper**.



6. FINISH AND PLATE

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

