



Product Spotlight: Carrot

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



Creamy Fish Mornay with Lemon Rice

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



30 minutes



4 servings



Fish

24 March 2023

Make it a pie!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	21g	34g

FROM YOUR BOX

LEMON	1
BASMATI RICE	300g
BROWN ONION	1
CELERY STICKS	2
CARROT	1
CORN COB	1
CREAM CHEESE	1 tub (140g)
WHITE FISH FILLETS	2 packets
BROCCOLI	1

FROM YOUR PANTRY

butter, salt, pepper, plain flour, dried oregano

KEY UTENSILS

saucepan with lid, large frypan with lid, frypan

NOTES

To save some dishes, add the broccoli to the mornay at step 4 to cook. Stir through 1/2 tbsp mustard for extra flavour.



1. COOK THE LEMON RICE

Slice lemon and place in a saucepan with rice. Cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE VEGETABLES

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



3. MAKE THE MORNAV SAUCE

Stir in **1 tbsp flour** and cook for 1 minute. Stir through cream cheese and **2 1/2 cups water** until combined. Cover and simmer for 5 minutes until thickened.



4. ADD THE FISH

Cut fish into bite-sized pieces. Add to sauce, cover and cook for 5 minutes or until cooked through (see notes).



5. COOK THE BROCCOLI

Heat another frypan over medium-high heat with **1/2 cup water**. Cut broccoli into florets. Add to pan and cook for 2-3 minutes, until just tender. Remove and toss with **butter, salt and pepper**.



6. FINISH AND SERVE

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

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



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