




Product Spotlight: Catalano's Seafood


This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.



Forest Mushroom White Fish with Root Veg Mash

White fish fillets are crusted with forest mushrooms and pan-fried to golden, served over creamy root veg mash and lemony sautéed silverbeet for a nourishing, earthy meal.

 30 minutes

 2 servings

 Fish

Switch it up!

We leave the skin on our root vegetables for the extra flavour and added nutritional benefits. If you prefer a super smooth mash, peel the skins off your vegetables.

Per serve: **PROTEIN** 38g **TOTAL FAT** 3g **CARBOHYDRATES** 55g

FROM YOUR BOX

MEDIUM POTATOES	2
CELERIAC	1
DRIED FOREST MUSHROOMS	1 packet
WHITE FISH FILLETS	1 packet
DIJON MUSTARD	1 small jar
SILVERBEET	1 bunch
GARLIC CLOVE	1
LEMON	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

KEY UTENSILS

large frypan, saucepan, food processor

NOTES

Dice celeriac into smaller pieces to ensure even cooking with the potatoes.

Speed up the cooking time by covering vegetables with hot water from the kettle.

Add milk, cream or olive oil to mash for extra flavour.



1. BOIL THE VEGETABLES

Dice **potatoes** and **celeriac** (see notes). Add to a saucepan, cover with water and bring to a boil. Simmer for 15–20 minutes or until tender. Reserve **1 cup cooking water**, then drain. Return to saucepan for mashing (see Step 5).



2. PREPARE THE FISH

Add **dried mushrooms** to a small food processor and blend into a coarse powder. Spread onto a plate. Rinse **fish fillets**, then pat dry. Coat with **mustard** and season with **salt**, then press each fillet into the mushroom powder to coat.



3. COOK THE FISH

Heat a large frypan over medium–high heat with **oil**. Cook fish for 2–4 minutes each side, or until golden and cooked through. Transfer to a plate and set pan aside for silverbeet.



4. SAUTÉ THE SILVERBEET

Remove **silverbeet** leaves from stems and roughly chop (use to taste). Add to the reserved frypan over medium–high heat with a little **oil**, crushed **garlic**, **zest and juice from 1/2 lemon** and **1/2 cup water**. Sauté for 2–3 minutes until just wilted. Add **1 tbsp butter** (optional) and season with **salt and pepper**.



5. MASH THE VEGETABLES

Add **1 tbsp butter** and mash vegetables to desired consistency. Season to taste with **salt** and **pepper**. Add some **reserved water** if needed to loosen.



6. FINISH AND SERVE

Divide mash among plates. Top with mushroom–crusted fish and sautéed silverbeet. Spoon over any pan juices and serve with lemon wedges.



Scan the QR code to submit a Google review!

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**

