



### 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

Australian white fish fillets, dusted in umami-packed dried forest mushrooms and pan-fried, served over celeriac and potato mash with lemon and garlic sautéed Tuscan kale.



30 minutes



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	30g	18g	51g

## FROM YOUR BOX

MEDIUM POTATOES	3
CELERIAC	1
DRIED FOREST MUSHROOMS	2 packets
WHITE FISH FILLETS	2 packets
MUSTARD	1 jar
TUSCAN KALE	1 bunch
GARLIC	2 cloves
LEMON	1

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

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

Omit butter if preferred.

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



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### 1. BOIL THE VEGETABLES

Roughly dice potato and celeriac. Add to a saucepan and cover with water (see notes). Bring to a boil and simmer for 15–20 minutes until tender. Reserve **1 cup cooking liquid** and drain vegetables. Return vegetables to saucepan (see step 5).



### 4. SAUTÉ THE KALE

Remove kale leaves from stems and roughly chop. Add to reserved frypan over medium–high heat with **oil**, crushed garlic, lemon zest, juice from 1/2 lemon (wedge remaining) and 1/2 cup water. Cook for 3 minutes to wilt kale. Add in **1 tbsp butter** (see notes) and season to taste with **salt and pepper**.



### 2. PREPARE THE FISH

Add mushrooms to a food processor and blend until a rough powder forms. Spread mushroom powder on a plate. Coat fish with mustard and season with **salt**. Press into mushroom powder to coat.



### 3. COOK THE FISH

Heat a large frypan over medium–high heat with **oil**. Add fish to pan and cook for 2–4 minutes each side until golden and cooked through. Remove fish to a plate and reserve pan.



### 5. MASH THE VEGETABLES

Add cooking liquid to saucepan along with **1 tbsp butter** (see notes). Mash to desired consistency. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide mash among plate. Top with mushroom coated fish and add kale. Spoon and sauce from kale frypan over plates. Serve with lemon wedges.

**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**

