



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Catalanos 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.



## 1 Lemon Thyme Fish Pie with Cornflake Crust

Flaky pieces of white fish cooked with lemon thyme and mustard, baked in a pie with a golden cornflake crumb topping.

 30 mins

 4 servings

 Fish

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### Spice it up!

*You can add a dried herb such as tarragon or rosemary to the pie for added flavour. For a little bit extra decadence, add some grated parmesan cheese on top!*

Per serve: **PROTEIN** 27g **TOTAL FAT** 7g **CARBOHYDRATES** 34g

## FROM YOUR BOX

BROWN ONION	1/2 *
CARROTS	2
ZUCCHINI	1
LEMON THYME	1 packet
WHITE FISH FILLETS	2 packets
CORNFLAKES	1 packet (100g)
SUGAR SNAP PEAS	1/2 bag (125g) *
BROCCOLINI	1 bunch

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, flour (of choice), wholegrain or dijon mustard

## KEY UTENSILS

2 frypans, oven dish (or 4 smaller oven dishes)

## NOTES

Rinse the fish fillets before using to remove any stray scales.

You can add some crushed garlic to the cornflake topping if you have some.

**No fish option – white fish fillets are replaced with diced chicken thigh fillets.** Add to the pan in step 1 with the vegetables. Cook for 10 minutes. Simmer the chicken and vegetables for 5 minutes in step 2.



### 1. SAUTÉ THE VEGETABLES

Set oven to 200°C.

Heat a frypan over medium-high heat with **oil**. Dice onion, carrots and zucchini. Add to pan as you go. Cook for 6–8 minutes until softened.



### 2. ADD THE FISH

Stir in **2 tbsp mustard** and **2 tbsp flour**. Chop and add 3/4 of the lemon thyme. Cut fish into smaller pieces and add to pan (see notes). Pour in **1 1/2 cups water**. Simmer for 2–3 minutes, or until thickened. Season with **salt and pepper**.



### 3. BAKE THE PIE

Transfer fish mixture into an oven dish (or 4 smaller oven dishes). Crush cornflakes to resemble a rough crumb. Scatter over top (see notes). Bake in oven for 10 minutes until golden and crunchy.



### 4. COOK THE GREENS

Trim sugar snap peas. Trim and halve broccolini. Add to a second frypan over medium-high heat with **1 tbsp butter** or **olive oil** and **2 tbsp water**. Add remaining lemon thyme. Cook for 3–4 minutes until tender. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Serve the fish pie at the table with a side of greens.

**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](mailto:hello@dinnertwist.com.au)

