**Product Spotlight:
Parsnip**

Back in the day, before sugar cane was around, Europeans commonly used parsnips to sweeten food. Try them once cooked; do you think they taste a little sweet?

A2 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.

Separate the veg!

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

🕑 30 minutes   🍴 2 servings   🐟 Fish

29 July 2022

1. BOIL THE VEGETABLES

Chop potatoes, carrot and peeled parsnip into around 2cm pieces. Slice shallot. 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 1 tbsp mustard and cream 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 cup water** (see step 5).

4. COOK THE FISH

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

6. FINISH AND SERVE

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**