

MARLEY SPOON



Parsley Crumbed Fish

with Toasted Seeds and Garlic Mash



20-30min



2 Portions

Fancy a crisp golden crumb to your fish, but would prefer to do without the grease and mess of frying? Consider this simple recipe for baked fish with a crisp parsley crust that's made even crunchier with the trail-mix garnish of almonds, pumpkin and sesame seeds.

What we send

- parsley and 1 garlic clove
- green peas
- 400g desiree potatoes and 1 zucchini
- nut mix (slivered almonds, pepita, black sesame seeds, white sesame seeds) ^{11,15}
- grenadier fillets
- panko breadcrumbs ¹

What you'll require

- butter ⁷
- milk ⁷
- olive oil
- olive oil spray
- sea salt and pepper

Utensils

- foil
- large frypan
- large saucepan
- medium saucepan
- oven tray
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Including parsley stems will add texture and improve the flavour of your dish.

Allergens

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 640.0kcal, Fat 22.0g, Proteins 43.8g, Carbs 60.7g



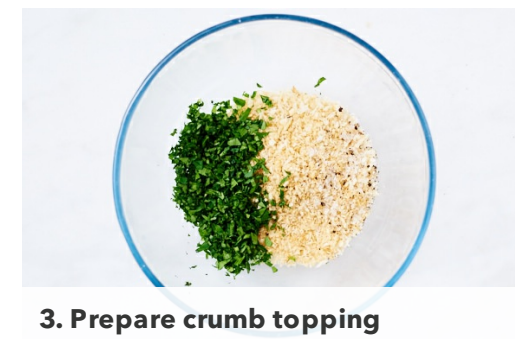
1. Make mash

Preheat oven to 180C. Peel **garlic** and put in a large saucepan. Peel **potatoes**, cut into 2.5cm pieces and add to the pan. Cover with water. Season with **salt**. Bring to the boil, then cook for 10-12 mins until tender. Drain and return to the pan for 1 min over low heat. Add the **milk** and **half the butter**. Mash until smooth. Season with **salt and pepper**. Keep warm.



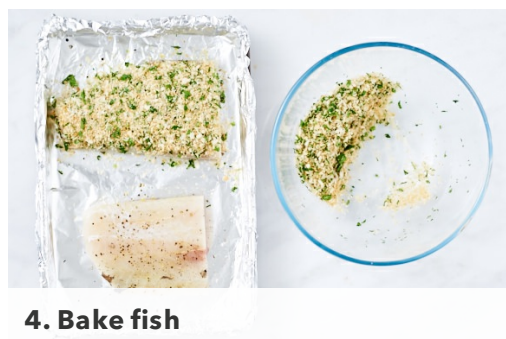
2. Prepare ingredients

While the potatoes are cooking, bring a medium saucepan of salted water to the boil for the vegetables. Halve the **zucchini** lengthwise, then cut into 1cm-thick slices. Finely chop the **parsley**, including the stems (see cooking tip).



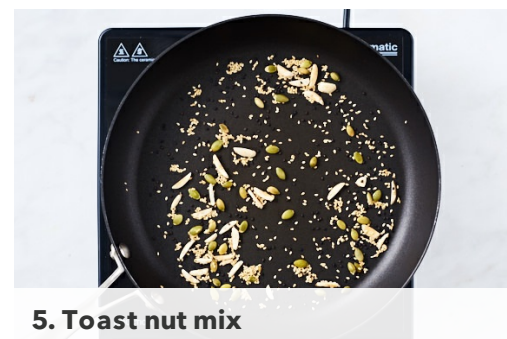
3. Prepare crumb topping

Heat the **oil** in a large frypan over medium heat. Add the **breadcrumbs** and toast, tossing, for 3-4 mins until golden. Transfer to a bowl. Add **parsley, salt and pepper**, and stir to combine. Set pan aside to cool.



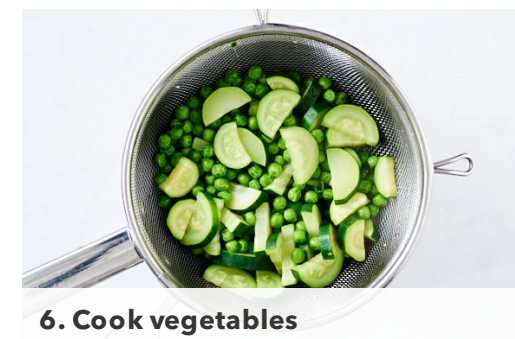
4. Bake fish

Line an oven tray with foil. Place the **fish**, skin-side down, on the tray. Spray fish with **olive oil spray** and season with **salt and pepper**. Top with crumb mixture. Bake for 8-10 mins until fish is just cooked through.



5. Toast nut mix

Meanwhile, put the **nut mix** in the cooled reserved pan over medium heat. Toast the **nut mix**, tossing, for 3-4 mins, until golden. Transfer to a bowl.



6. Cook vegetables

Meanwhile, add the **zucchini** to the pan of boiling water and cook for 1 min. Add the **peas** and cook for a further 1 min or until tender. Drain well. Return the pan to low heat. Melt the **remaining butter**. Add vegetables and toss to coat. Season with **salt and pepper**. Divide mash, vegetables and fish among plates. Scatter with the nut mix to serve.