

# MARLEY SPOON



## Parsley Crumbed Fish

with Toasted Seeds and Garlic Mash



20-30min



4 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

- nut mix (slivered almonds, pepitas, black sesame seeds, white sesame seeds) <sup>11,15</sup>
- green peas
- parsley and 2 garlic cloves
- 800g desiree potatoes and 2 zucchini
- grenadier fillets
- panko breadcrumbs <sup>1</sup>

## What you'll require

- butter <sup>7</sup>
- milk <sup>7</sup>
- 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.

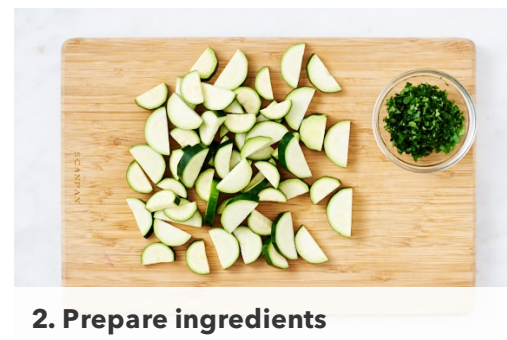
## Nutrition per serving

Energy 555.0kcal, Fat 17.9g, Proteins 41.5g, Carbs 51.2g



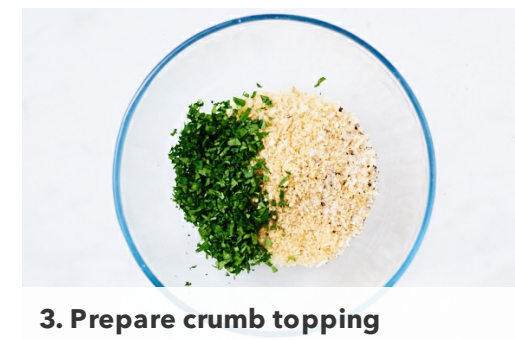
**1. Make mash**

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.



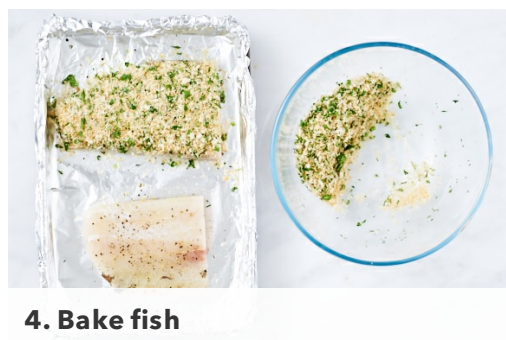
**2. Prepare ingredients**

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).



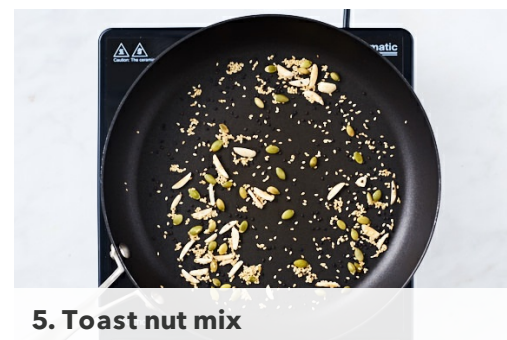
**3. Prepare crumb topping**

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.



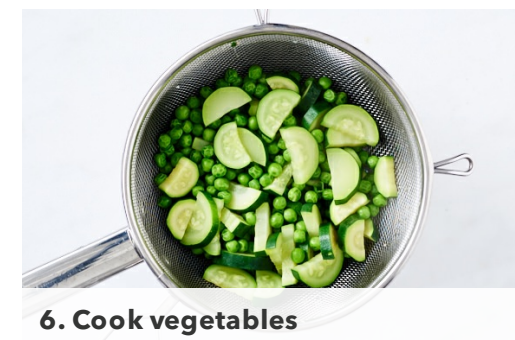
**4. Bake fish**

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.