

MARLEY SPOON



Grilled Grenadier

with Root Vegetable Jansson's Temptation



30-40min



2 Portions

Pair simple grilled fish with our take on a classic Swedish potato casserole. Traditionally made with sliced potato and onion cooked in a cream sauce with pickled sprats, our tempting bake instead features parsnip and sweet potato in a white sauce infused with anchovy and thyme. The Swedes like to serve this at Christmas, but we reckon it deserves a place on the midweek dinner menu!

What we send

- anchovy fillet ⁴
- sweet potato, parsnip, brown onion
- thyme, chives
- white pepper
- grenadier fillets ⁴
- vegetable stock cubes
- panko breadcrumbs ¹

What you'll require

- butter ⁷
- milk ⁷
- olive oil
- plain flour ¹
- sea salt flakes
- water

Utensils

- foil
- medium saucepan
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 720kcal, Fat 25.5g, Carbs 77.8g, Proteins 38.4g



1. Blanch vegetables

Preheat oven to 220C. Crumble **half the stock** (keep remainder for another use) in a saucepan. Combine with **boiling water** (see staples list) and **salt**. Peel **parsnip** and **sweet potato**, cut into thick matchsticks and put in stock mixture. Add enough water to cover and bring to the boil. Cook for 1 min. Drain in a sieve set over a bowl to reserve cooking liquid.



4. Add vegetables

Carefully stir in the vegetables, taking care not to break them up. Transfer the mixture to a 1L baking dish. Scatter over the breadcrumb mixture to cover. Place in the oven on the lower shelf and bake for 8-10 mins.



2. Prepare ingredients

Halve the **onion**, then thinly slice. Very finely chop the **anchovy**. Pick the **thyme** leaves, discarding the stems. Line an oven tray with foil. Combine the **breadcrumbs**, **half the thyme** and **half the oil** in a bowl.



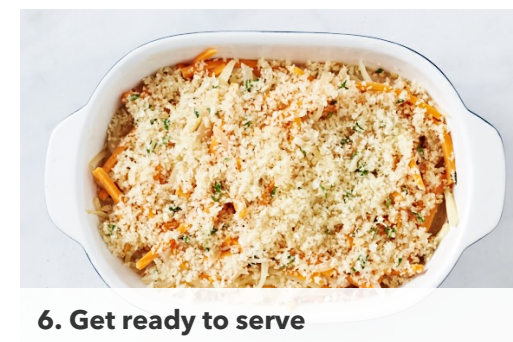
5. Grill fish

Switch the oven to grill over high heat. Place the **fish** on the lined tray, skin-side down, and season with **salt and pepper**. Place on the top shelf of the oven and grill for 6-8 mins or until cooked through. Once the fish is cooked, remove from oven and keep warm. Place vegetable dish on the top shelf and grill for 2 mins or until the top is golden.



3. Make white sauce

Melt **butter** with the **remaining oil** in the pan used for blanching over medium heat. Cook **onion**, **anchovy**, **remaining thyme** and **half the white pepper**, stirring, for 3 mins or until softened. Add the **flour** and stir for 1 min. Gradually stir in the **milk** and 250ml (1 cup) reserved cooking liquid. Bring to a simmer and cook for 3-5 mins or until slightly thickened.



6. Get ready to serve

Meanwhile, finely chop the **chives**. Divide the fish and the vegetables among plates. Scatter the **chives** **over the fish** and **season the vegetables with pepper** to taste.