

# MARLEY SPOON



## Grilled Grenadier

with Root Vegetable Jansson's Temptation



30-40min



4 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

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

## What you'll require

- butter <sup>7</sup>
- milk <sup>7</sup>
- olive oil
- plain flour <sup>1</sup>
- sea salt flakes
- water

## Utensils

- 1.5L (6 cup) baking dish
- foil
- large 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 560kcal, Fat 24.1g, Carbs 46.1g, Proteins 35.6g



### 1. Blanch vegetables

Preheat the oven to 220C. Crumble the **stock cubes** in a large saucepan. Combine with **boiling water** (see staples list) and **salt**. Peel **parsnips** and **sweet potato**, cut into thick matchsticks and put in the 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 1.5L 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.



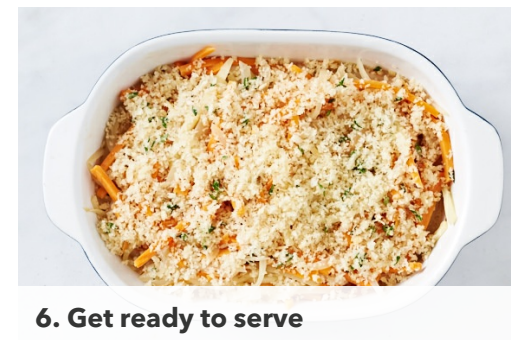
### 5. Grill fish

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 **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.