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Walnut-Crumbed Fish with Mash & Black Pepper Beans

An easy dish which is perfect for the cooling weather, we love the way this nutty and fresh walnut crumb brings out the simple taste of fresh fish. With creamy mash and punchy black pepper green beans, this dish proves that simplicity need not be dull! There's plenty of flavour and texture to satisfy here.

 **Prep:** 15 mins
Cook: 20 mins
Total: 35 mins

 level 1

 seafood first

 high protein

Pantry Items



Milk



Plain Flour



Olive Oil



Butter



Potatoes



Walnuts



Parsley



Fresh Pink Ling



Green Beans



Lime

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2P	4P	Ingredients
400 g	800 g	potatoes, peeled & cut into 2 cm pieces
¼ cup	½ cup	milk *
2 tsp	1 tbs	plain flour *
¼ cup	½ cup	walnuts, finely chopped
½ bunch	1 bunch	parsley, finely chopped
2 tsp	1 tbs	olive oil *
1 fillet	2 fillets	fresh pink ling, cut in half
2 tsp	1 tbs	butter *
100 g	200 g	green beans, ends trimmed
½	1	lime

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1870	Kj
Protein	36.5	g
Fat, total	18.2	g
-saturated	3.9	g
Carbohydrate	33.3	g
-sugars	4.1	g
Sodium	150	mg



You will need: *chef's knife, chopping board, vegetable peeler, colander, potato masher or fork, small bowl, oven tray lined with baking paper, small frying pan, and a large saucepan*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 To make the mash, place the **potatoes** in a large saucepan of cold water, bring to the boil and cook for **15 minutes** or until tender. Drain and return back to the saucepan. Add the **milk** and a good season of **salt** and **pepper**. Mash with a potato masher or fork until smooth.

3 Meanwhile, combine the **plain flour**, **walnuts** and **parsley** in a small bowl. Season with salt and pepper and then stir through the **olive oil**.

4 Place the **fresh pink ling fillets** on the prepared oven tray. Top each fish fillet with the walnut crumble mixture. Place in the oven and cook for **10 minutes** or until the fish is cooked through and flakes easily.

5 Meanwhile, heat a dash of olive oil and the **butter** in a small frying pan over a medium heat. Add the **green beans** and cook, tossing occasionally, for **1-2 minutes** or until just tender. Add a squeeze of **lime** and generously season with cracked black pepper.

6 To serve, divide the mashed potatoes between plates. Top with the walnut crumbed fish and serve with the buttered lime and black pepper green beans.



Did you know? Walnuts are the oldest known tree food dating back to 10,000 BC.