

RECIPE CARD

NORWEGIAN COD, CHIP, PEA AND DILL PIE

SERVES 4 | PREP TIME: 30 MINS | COOK TIME: 1 HOUR

INGREDIENTS

- 4 Potatoes (weighing approx. 800g)
- Salt & pepper
- 50g Unsalted butter
- 1 Large onion, chopped
- 50g Plain flour
- 500ml Semi skimmed milk
- 1 Small bunch parsley, chopped
- 1 Small handful dill leaves, chopped
- 1 tbsp Capers, chopped
- Zest of 1 lemon & juice of ½ lemon
- 4 x 130g Norwegian cod fillets, skin off, cut into chunks
- 200g Frozen peas, defrosted
- 2 tbsp Malt vinegar
- A little vegetable oil
- Lemon wedges, to serve

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METHOD

1. Preheat the oven to 200°C/180°C fan
2. Peel the potatoes and cut into chips. Put the chips into a pan of salted water, bring to the boil, and allow to simmer for 3 minutes: the potatoes should be tender but still hold their shape. Drain and leave to steam dry for 5-10 minutes.
3. Melt the butter in a saucepan and add the onion. Cook for 5 minutes or until the onions are soft. Stir in the flour, then add the milk a little at a time, stirring as you add to make a smooth sauce. Bring to a simmer, stirring all the time as the sauce thickens (the sauce should be the consistency of double cream).
4. Then add the parsley, dill, capers and lemon zest and juice. Season to taste with some salt and pepper.
5. Spread half the sauce over the base of a shallow ovenproof dish, scatter the fish and peas on top and then top with the remaining sauce.
6. Place the cooked chips in a bowl, toss with the vinegar, a little vegetable oil and some salt.
7. Scatter the chips over the pie and bake for 35-40 minutes in the preheated oven until the chips are golden and crispy. Remove from the oven, let the pie rest for 5 minutes and then serve with lemon wedges.