

## Norway Haddock with garlic and pepper

2 kg Norway haddock (or other firm fleshed fish)  
 4 cloves of garlic  
 6 carrots  
 3 leeks  
 6 sticks celery  
 8 tsp. pepper (coarse, freshly ground)  
 6 tsp. coarse salt  
 3 limes  
 3 dl water  
 Oil

### Garnish

Fresh coriander  
 Lime wedges



### Serving tips

Arrange on a dish with fresh coriander and lime wedges. Serve with rice or noodles.

### Alternative ingredients

Instead of haddock, you can use other lean, firm light fish. Spring onions can be used instead of leeks. Garnish and season with chives instead of coriander.



Fillet the fish and cut into smaller pieces.

Cut the carrots, leeks and celery into thin sticks and chop the garlic finely.

Fry the garlic, add the vegetables (in this order) and fry for 2 minutes. Remove.

Fry the fish fillets with salt and pepper for 3 minutes. Add lime juice and water.

Return the vegetables to the pan and fry for a further approx. 1 minute.

