



Recipe
suggestions

Salted pollock with beetroot salad (serves 2)

Ingredients

- > 200g pollock fillet, skinned
- > 2 tbsp coarse salt
- > 1 tsp sugar
- > ½ lemon, zested
- > rye bread
- > 200g raw beetroot
- > 2 tbsp fresh horseradish, grated
- > 1 tbsp lime juice
- > 100ml low-fat yoghurt

Method

- > The day before, place the fillet in a dish with straight sides. Mix the salt, sugar and lemon zest then spread on both sides of the fish. Cover and refrigerate overnight.
- > Boil the beetroot in salted water for 30 mins, remove and rinse in cold water, then peel and cut into a 2cm dice. Mix with the horseradish, lime juice and yoghurt, then season.
- > Remove the fish from the fridge, lightly brush the salt mixture off the fish, then cut into very thin slices.
- > Serve with the beetroot salad and the rye bread.

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