



### **Ingredients:**

Chopped Onion,  
Garlic Minced  
Diced Red Pepper  
Peas  
Lemon juice  
Butter  
Baby Potatoes  
Rough chopped carrots.  
Seasoning of choice  
Flour  
Line Fish of your choice. I chose Kabeljou cut into steaks

### **Method:**

Boil your potatoes until almost done. Also Blanch/Boil your frozen peas until soft. Melt butter and sauté/Cook your Carrots until soft. Throw in the potatoes so they can finish up together with the carrots and season. In a pot heat oil and add onions, garlic and peppers. Sweat them out. From there add peas and season. Once they are soft, roughly mush them and stir until all liquids have evaporated.

### **Line fish:**

In a bowl spoon in some flour, enough to lightly coat the fish. Season the flour. Preheat your pan and melt butter. Place you line fish steaks and sear until golden brown and flip. Once the other side is golden brown season with lemon juice and remove from the heat and allow line fish to rest. Plate your fish, Peas, potatoes and enjoy.