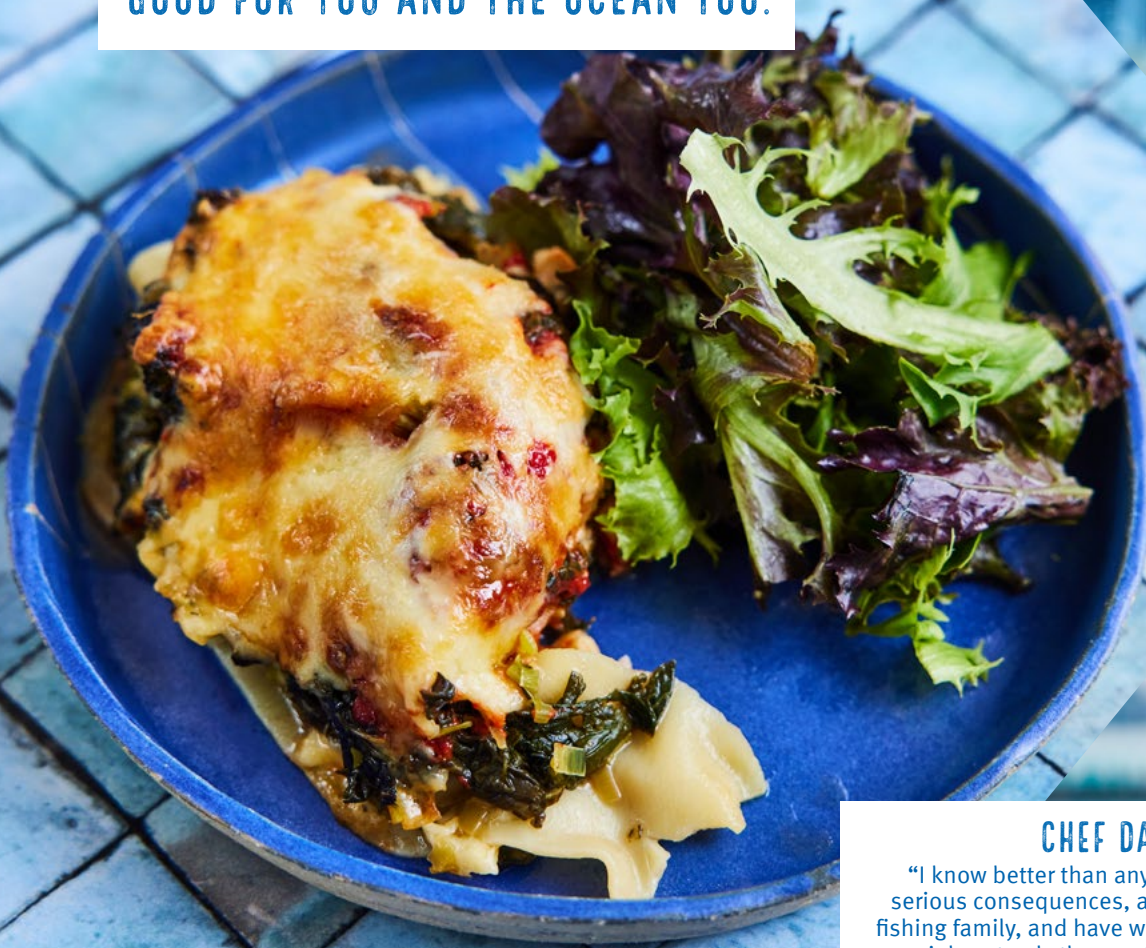


FISH LASAGNE

GOOD FOR YOU AND THE OCEAN TOO.



CHEF DAGNÝ RÓS

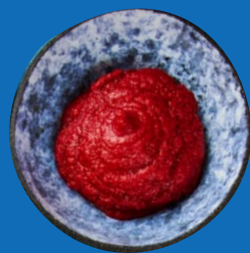
"I know better than anyone that overfishing has serious consequences, as I come from an Icelandic fishing family, and have witnessed the effects. People mainly eat only the most popular fish species, but the great thing is there are so many sustainable fish choices, with different flavours and textures, so you can now cook from an exciting range."



INGREDIENTS



750g MSC certified white fish



100g concentrated tomato puree

1 cup (70g) broccoli and 1 leek



4 lasagne sheets



300g frozen spinach



500g cottage cheese

1 cup (70g) grated cheese



2 tbsp plain flour (or spelt flour)



1 tsp nutmeg

FISH LASAGNE



Chef Dagný Rós

Here is some easy, hearty, comfort food that anyone can make.

METHOD

SERVES

INGREDIENTS CHECK LIST

- ☐ 750g MSC certified white fish
- ☐ 300g frozen spinach
- ☐ 1 cup (70g) cauliflower or broccoli
- ☐ 1 leek
- ☐ 500g cottage cheese
- ☐ 1 tsp nutmeg
- ☐ 100g concentrated tomato puree
- ☐ 100 ml water
- ☐ 4 lasagne sheets (natural or green, with spinach)
- ☐ 1 cup (70g) grated cheese (mix 2 cheeses for taste)
- ☐ 2 tbsp plain flour (or spelt flour)
- ☐ Sea salt and black pepper
- ☐ Oil for frying

- 1** First, preheat the oven to 180 °C. Then, cut the fish into bite size pieces, generously coat them in flour and place them in a greased baking dish. Season with salt and pepper.



- 2** Chop the leek finely and cut the cauliflower or broccoli into bite-sized pieces, not too big. Defrost the spinach, squeeze out the water and chop finely. Put all the vegetables in a pan or wok and fry them briefly.



**CHOP,
CHOP!**

- 3** Put the tomato puree and a little water in a pan, heat, and let it simmer. Season with salt and pepper.



**STIR,
STIR!**

- 4** Then grate the nutmeg into the cottage cheese and spread it over the fish. Then lay the lasagne leaves on top. Next add a layer of the vegetable mixture, and some of the tomato puree mix.



- 5** Put the baking dish in the oven and bake for 20 minutes covered with aluminium foil with holes. Then sprinkle with the grated cheese and place back in the oven without the aluminium foil for a further 20 to 25 minutes.



- 6** Serve with a green salad or cooked vegetables.



ENJOY!



COOKING QUIZ



1 This recipe is suitable for lots of different types of white fish. Which type would you choose, and why?

2 Who is this recipe is suitable for?

- ☐ people with a dairy allergy
- ☐ pescatarians
- ☐ people who like fresh herbs

3 How could you adapt this recipe for someone who has a gluten allergy?

4 Which two safety precautions would you take while cooking this dish?

- ☐ Taking care while using a knife to chop the fish and vegetables
- ☐ Using oven gloves when you place the lasagne sheets
- ☐ Using oven gloves to take the lasagne out of the oven

5 White fish is:

A source of protein

High in fat

A source of vitamins B

☐ TRUE

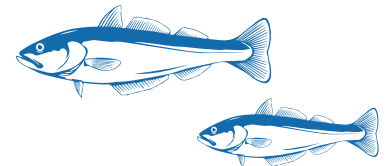
☐ TRUE

☐ TRUE

☐ FALSE

☐ FALSE

☐ FALSE



HOW MUCH DO YOU KNOW ABOUT POLLOCK?

Pollock is a species of white fish that swims in cold waters in the Northern part of our ocean, and lives in large shoals. They can grow to over a metre long. The USA has the largest pollock fishery in the world; it is also one of the world's most valuable fisheries.

6 Pollock tend to swim near the surface of the ocean ☐ TRUE ☐ FALSE

7 Adult pollock eat other fish, including young pollock ☐ TRUE ☐ FALSE

8 Lots of the pollock we eat is caught in
☐ Alaska ☐ Argentina ☐ Australia

The Bering Sea fishery is often considered to be one of the best-managed fisheries in the world, making sustainably caught the pollock from that part of the ocean a good choice.

Answers: 1. The recipe is suitable for people who only eat halal food, but not for vegetarians, because it contains fish, and not for people with a dairy allergy as it contains cheese. 2. The recipe is suitable for people who only eat halal food, but not for vegetarians, because it contains fish, and not for people with a dairy allergy as it contains cheese. 3. You could use gluten free lasagne and use the spelt flour instead of plain flour. 4. Taking care while using a knife to chop the fish and vegetables, and using oven gloves to take the lasagne out of the oven. There is no need to use oven gloves to place the lasagne sheets in the dish, as they are not hot. 5. True / False / True. 6. False, they swim near the seabed in deep water. 7. True. 8. Alaska.