



 Approximately **35 min**

 **440** kcal p.p.

 **4** persons

WHAT YOU NEED

- Celery root: 1 pcs
- Cod fillet 480g: 1 pcs
- Radicchio: 4 pcs
- Red onions: 2 pcs
- Lemon: 1 pcs
- Sundried tomatoes: 30 g
- Yellow Orient lentils: 200 g

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Garlic cloves: 2 pcs
- Curry powder: 1 tsp.
- Balsamic vinegar: 4 tbsp.

ALLERGENS



CURRIED CELERY ROOT LENTIL MASH WITH TOMATO COD FILLETS FILLETS AND RADICCHIO

INSTRUCTIONS

- Peel and coarsely chop the celery root. Add the celery chunks and the yellow lentils to a pot and cover with water. Bring to a boil. Reduce the heat to medium heat, cover with a lid and let simmer for 15 min. or until the celery is tender. Drain any excess water and add curry powder afterwards. Mash celery and lentils with your potato masher or pulse with your handheld blender instead. Season to taste with salt.
- Meanwhile, preheat the oven to 190°C (fan). Drain and rinse the cod fillets. Pat them dry with kitchen paper. Wash the lemon and grate some peel. Set aside on a plate. Chop the dried tomatoes. Peel and finely slice garlic. Grease an ovenproof dish and place the cod fillets in the dish. Top each fillet with garlic and tomato. Drizzle with some lemon juice and season with a pinch of salt and pepper. Transfer the cod fillets to the oven and bake them for 8-10 min. until done but not dry. Sprinkle with lemon zest after baking.
- Meanwhile, clean and quarter the radicchio. Peel and slice the red onion. Heat some olive oil in a large pan and fry the radicchio on one side until well coloured. Turn the radicchio, drizzle with balsamic vinegar and fry on medium heat until softened. Remove from the pan and set aside on a plate. Add another dash of olive oil to the pan and fry the red onion on medium heat until softened. Deglaze with some extra balsamic vinegar if desired.

SERVING

- Arrange the curried celery root lentil mash with tomato cod fillets fillets, onions and radicchio on plates and enjoy while hot.