



# Potatoes in green sauce (modified texture)

## Ingredients (serves 2)

### Fish broth:

Hake head, bones, and flank

1/2 leek

1 small carrot

1 sprig of fresh parsley

1 l cold water

1 medium onion

Extra virgin olive oil

### Potatoes:

15 ml extra virgin olive oil

500 g potato

8 g fresh parsley leaves

80 g cooked canned peas

1/2 clove of garlic

250 ml fish stock

Salt (omit in case of high blood pressure or liquid retention)

## Method

1. Prepare fish broth: put fish, onion cut into 2 pieces, peeled carrot, clean leek, and parsley sprig into a large pot. Cover with cold water and add a drizzle of olive oil. Cook over medium heat for 20 minutes.
2. Remove fish and de-bone in order to use all the fish meat. Strain the broth. Discard fish bones, head, and vegetables. Separate and set aside 250 g broth.
3. Roughly chop garlic and parsley. Peel and dice potatoes.
4. In a large pot, heat oil and sauté potatoes with garlic and parsley over low heat for a few minutes. Moisten with fish broth and add hake. Lightly salt and cook for 20 minutes or until the potatoes are very soft, stirring occasionally.
5. Purée potatoes with an immersion blender and pass through a sieve.
6. In a separate saucepan place peas with two spoonfuls of broth and cook for a few minutes. Remove from heat and add 40 g of potato purée and blend. Pass through a sieve to remove any skin.
7. Cover the base of the plate with potato purée. Then add dollops of pea purée on top. Serve.