

# Cod Fillet with Lemon and Dill Butter

2 Servings

## INGREDIENTS

2 cod filets  
1 organic lemon  
3 spoons of dill  
30 g of **butter**  
Olive oil  
Sea flake salt and fresh pepper  
Fresh fennel  
Fennel seeds  
1 tbsp. honey  
4 tbsp. soy sauce  
Garlic  
½ tsp. 4 spices (optional)

**ALLERGENS HIGHLIGHTED IN BOLD**



## METHOD

Start baking sweet potatoes for 45 minutes in your pre-heated oven at 180°C. Let them cool a little and peel them. Mix them with some olive oil, salt and pepper, and a dash of honey. Should you have some 4 spices blend available, add ½ a tsp (optional).

Slice the fennel very thin with a slicer, and add it to some hot olive oil in a large pan. Add some fennel seeds, crushed garlic, and pepper. After 5 minutes, add 4 tbsp of salted soy sauce and 1 tbsp of honey, continue cooking until the fennel is soft.

Cont.

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### METHOD

Now for the cod. Start heating butter with fennel seeds in a pan, add a couple spoons of olive oil and then place the cod fillets on the pan.

Grate some lemon peel on the cod, add the chopped dill, and regularly feed the cod with melted butter sauce during the 10 minutes of frying. You fry the cod on one side only. Season to your taste and serve with sweet potato puree and sautéed fennel.