Cod fillets, crushed potatoes and Friseline

Preparation

1- Peel and cook the potatoes. Mash hit with a fork.
2- Add walnut oil. Season it.
3- Fry the cod slab with olive oil for 15 minutes.
4- Quickly fry Friseline in olive oil. Crush the walnut and add it.
5- Cut the tomatoes into cubes, and then add it to the mixture. Pour some vinaigrette.
6- Put Friseline in a plate; add the cod fillets and the crushed potatoes.

For 4 persons

- 3 Friseline
- 4 Cod fillets of 160 g
- 3 Tomatoes
- 100 g of Walnuts

Crushed potatoes

- 200 g of Potatoes
- 15 cl walnuts oil
- Salt, pepper

Walnut vinaigrette

- 20 cl walnut oil
- 3 tablespoons of red wine vinegar
- Salt, pepper