



## CHEF SPOTLIGHT RECIPE

# SHRIMP AND SCALLOP PIE

SERVES 10

### INGREDIENTS

#### For the shrimp and scallop pie

- 8 ounces fresh carrots
- 8 ounces potatoes, peeled, diced
- 2 tablespoons sunflower oil
- 1 cup fresh tomatoes, cherry heirloom
- 1/2 cup parsley, chopped
- 1 tablespoon fresh garlic cloves, peeled, chopped
- 12 ounces pound fresh cod fillet
- 12 ounces shrimp 26/30, P&D, tail off, raw, frozen
- 12 ounces fresh bay scallops
- 1 teaspoon sea salt
- 0.5 mg black pepper
- 1/4 cup all-purpose flour
- 2 tablespoons cold water
- 1 tablespoon fresh dill weed

### DIRECTIONS

In a medium sized pot add two tablespoons of sunflower oil on medium heat. Add in chopped potatoes, carrots and cook for 10 minutes.

Then add in tomatoes, onions, garlic parsley and the white fish cook for another 10 minutes.

After adding in chopped shrimp and scallops cook for about 5 minutes. Season with salt and pepper.

Make a slurry with flour and water, add into the mixture and cook until all ingredients start to thicken. Pour into a greased baking dish, Optional top pie with unfried frybread and dill weed, then bake for 30-40 minutes.

#### Optional:

Prepare frybread according to your favorite recipe.

#### Side dishes

Steamed Wild Rice  
Glazed Carrots

