



TROUT LASAGNE WITH TOMATO AND FENNEL RAGOUT

QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Quick and easy preparation



15



easy

INGREDIENTS FOR 6 PORTIONS

9 ea Lasagne sheets

6 Smoked trout fillets 100 g each, skinned

100 g Pizza cheese, grated

FOR THE RAGOUT

500 g QimiQ Cream Base

100 g Onion(s), brunoise

10 ml Olive oil

400 g Fennel, julienne

100 ml White wine

Salt and pepper

Balsamic vinegar, white

Italian herb mix

Garlic, squeezed

400 g Beef tomatoes, cored

METHOD

1. Preheat the oven to 170° C (conventional oven).
2. For the ragout, fry the onion in the oil until soft. Add the fennel and continue to fry for a few minutes. Douse with the white wine and reduce.
3. Stir in the QimiQ Sauce Base, season to taste, bring back to the boil and continue to cook until the required consistency has been achieved.
4. Add the diced tomatoes.
5. Place the lasagne sheets in a greased oven-proof dish. Cover with a layer of ragout followed by a layer of trout. Repeat this procedure and finish with a layer of ragout.
6. Sprinkle with the cheese and bake in the hot oven for approx. 30 minutes.