



FISH CASSEROLE WITH FENNEL



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Smooth and creamy consistency in seconds



15



easy

INGREDIENTS FOR 4 PORTIONS

250 g	QimiQ Cream Base
250 g	Pike perch fillet, coarsely chopped
250 g	Cod fillet, coarsely chopped
	Lemon juice
	Salt
1 ea	Fennel head(s) 300 g each, finely shredded
150 g	Green pepper(s), finely diced
1	Garlic clove(s), finely sliced [émincé PF]
1 tsp	Fennel seeds, dried
1 tbsp	Olive oil
300 ml	Clear vegetable stock
	Herb salt
	Bay leaf
	Cilantro
200 g	Tomato(es), cut into segments
	Fennel leaves, finely chopped

METHOD

1. Season the fish with lemon juice and salt and allow to draw.
2. Fry the fennel, peppers, garlic and fennelseeds in oil until soft. Add the stock, season to taste. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved. Remove from the heat.
3. Add the drained fish and tomatoes and allow to draw for approx. 4 minutes.