



FISH FILLETS GRATINATED WITH LEMON SPINACH



QimiQ BENEFITS

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



15



easy

INGREDIENTS FOR 4 PORTIONS

600 g Fish fillet
Lemon juice
Herb salt

FOR THE SPINACH

125 g QimiQ Cream Base
1 Onion(s), finely chopped
1 tbsp Olive oil
600 g Leaf spinach, coarsely chopped
Lemon peel
Salt and pepper
60 g Parmesan, finely grated
1 tsp Olive oil, for the baking tin

METHOD

1. Preheat the oven to 225° C (conventional oven).
2. Season the fish fillets with the lemon juice and salt.
3. For the spinach, fry the onion in oil until soft. Add the spinach and cook for a further 2-3 minutes.
4. Add the QimiQ Sauce Base, season to taste and allow to cool. Stir in the parmesan.
5. Place the fish fillets in the greased oven-proof dish and spread with the lemon spinach. Bake in the hot oven for approx. 10 minutes until golden brown.