



# FISH FILLET IN STEAMED ONIONS

## QimiQ BENEFITS

- Full creamy taste with less fat and cholesterol
- Problem-free reheating possible
- Smooth and creamy consistency in seconds



15



easy

## INGREDIENTS FOR 4 PORTIONS

### FOR THE FISH FILLETS

**600 g** Fish fillet  
Lemon juice  
Salt and pepper

**20 g** Butter  
**2 tbsp** Olive oil

### FOR THE STEAMED ONIONS

**250 g** QimiQ Cream Base  
**600 g** Onion(s), finely sliced  
**50 g** Butter  
**150 ml** Water  
Salt  
Dill, chopped

## METHOD

1. Season the fish fillets with the lemon juice, salt and pepper and allow to draw for 10 minutes. Fry on both sides in the butter and olive oil mixture.
2. Fry the onions in butter, season with salt, add the water, cover and allow to simmer for 5 minutes at low heat until completely soft.
3. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved. Serve immediately with the fried fish decorated with dill.