



TROUT FILLETS WITH CREAMY CUCUMBER SALAD



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Quick and easy preparation
- No separation of oil



15



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE CREAMY CUCUMBER SALAD

125 g	QimiQ Classic, unchilled
6 tbsp	Vegetable oil
180 g	Sour cream 15 % fat
2	Cucumber(s), sliced
6 tbsp	Apple vinegar
1 small bunch	Dill
1	Garlic clove(s), finely chopped
	Salt and pepper

FOR THE TROUT FILLETS

8	Trout fillet(s)
	Salt and pepper
	Olive oil, to fry

METHOD

1. For the creamy cucumber salad: whisk the unchilled QimiQ Classic smooth and slowly whisk in the oil until it emulsifies.
2. Add the remaining ingredients and mix well. Season to taste.
3. For the trout fillets: season the trout fillets with salt and pepper and slowly fry in hot olive oil, skin side down.
4. Serve the trout fillets with the creamy cucumber salad.
5. **Tip:** White balsamic vinegar can be used instead of apple vinegar.