



PIKE PERCH FILLET ON PAPRIKA TENDER WHEAT



QimiQ BENEFITS

- Quick and easy preparation
- Creamy indulgent taste with less fat
- Problem-free reheating possible



15



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE PARIKA EBLY

250 g QimiQ Classic, chilled

125 g Ebly Tender Wheat

500 ml Clear vegetable stock

3 Red pepper(s), finely diced

Basil, finely chopped

Salt

Pepper

FOR THE PERCH FILLET

600 g Pike perch fillet

3 tbsp Sunflower oil

Lemon juice

METHOD

1. Bring the Ebly Tender Wheat in the vegetable soup to the boil, and allow to simmer for 10 minutes.
2. Add the red pepper and season to taste.
3. Warm the QimiQ Classic in a saucepan. Add the basil, salt and pepper and blend until frothy.
4. Fry the pike perch fillets in the oil and drizzle with the lemon juice.
5. Serve with the Tender Wheat and basil cream.