



FISH CASSEROLE WITH FENNEL



QimiQ BENEFITS

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



15



easy

INGREDIENTS FOR 10 PORTIONS

| | |
|---------------|--|
| 750 g | QimiQ Cream Base |
| 750 g | Pike perch fillet, coarsely chopped |
| 750 g | Cod fillet, coarsely chopped |
| | Lemon juice |
| | Salt |
| 3 ea | Fennel head(s) 300 g each, finely shredded |
| 450 g | Green pepper(s), finely diced |
| 3 | Garlic clove(s), finely sliced [émincé PF] |
| 3 tsp | Fennel seeds, dried |
| 3 tbsp | Olive oil |
| 900 ml | Clear vegetable stock |
| | Herb salt |
| | Bay leaf |
| | Cilantro |
| 600 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.