



PIKE PERCH FILLET ON PAPRIKA TENDER WHEAT



QimiQ BENEFITS

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



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lako

INGREDIENTS FOR 4 PORCIJA

FOR THE PARIKA EBLY

250 g QimiQ Classica, ohlađenog

125 g Ebly Tender Wheat

500 ml

3 Crvene paprike, narezane na male kockice

Bosiljka, sitno sjeckane

Sol

Papar

FOR THE PERCH FILLET

600 g Pike perch fillet

3 žlice Suncokretova ulja

Limunova soka

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.