



PIKE PERCH IN BELL PEPPER CREAM SAUCE



QimiQ BENEFITS

- Smooth and creamy consistency in seconds
- Gluten free



15



easy

INGREDIENTS FOR 4 PORTIONS

600 g Pike perch fillet

Lemon juice

Salt

1 tbsp Olive oil

FOR THE SAUCE

1 Onion(s), finely chopped

1 tsp Olive oil

400 g Red bell pepper(s), finely diced

200 ml Clear vegetable stock

Salt

Cayenne pepper

Bay leaf

125 g QimiQ Sauce Base

METHOD

1. Season the fish fillets with the lemon juice, salt and bell pepper and allow to draw.
2. For the sauce, fry the onion in oil until soft. Add the pepper and fry for a few minutes. Douse with the stock, season to taste and continue to cook until the bell peppers are tender. Remove the bayleaf.
3. Blend smooth. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved.
4. Pat the pike perch dry and fry in oil on both sides. Serve with the bell pepper sauce.