



# FISH FILLETS GRATINATED WITH LEMON SPINACH



## QimiQ BENEFITS

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



15



easy

## INGREDIENTS FOR 4 PORTIONS

**600 g** Fish fillet  
Lemon juice  
Herb salt

## FOR THE SPINACH

**125 g** QimiQ Sauce Base  
**1** Onion(s), finely chopped  
**1 tbsp** Olive oil  
**600 g** Leaf spinach, coarsely chopped  
Lemon peel  
Salt and pepper  
**60 g** Parmesan, finely grated  
**1 tsp** Olive oil, for the baking tin

## METHOD

1. Preheat the oven to 440° F (conventional oven).
2. Season the fish fillets with the lemon juice and salt.
3. For the spinach, fry the onion in oil until soft. Add the spinach and cook for a further 2-3 minutes.
4. Add the QimiQ Sauce Base, season to taste and allow to cool. Stir in the parmesan.
5. Place the fish fillets in the greased oven-proof dish and spread with the lemon spinach. Bake in the hot oven for approx. 10 minutes until golden brown.