



FISH FILLET IN STEAMED ONIONS

QimiQ BENEFITS

- Full creamy taste with less fat and cholesterol
- Problem-free reheating possible
- Smooth and creamy consistency in seconds



15



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE FISH FILLETS

600 g Fish fillet
Lemon juice
Salt and pepper

20 g Butter
2 tbsp Olive oil

FOR THE STEAMED ONIONS

250 g QimiQ Sauce Base
600 g Onion(s), finely sliced
50 g Butter
150 ml Water
Salt
Dill, minced

METHOD

1. Season the fish fillets with the lemon juice, salt and pepper and allow to draw for 10 minutes. Fry on both sides in the butter and olive oil mixture.
2. Fry the onions in butter, season with salt, add the water, cover and allow to simmer for 5 minutes at low heat until completely soft.
3. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved. Serve immediately with the fried fish decorated with dill.