



# FISH CASSEROLE WITH FENNEL



## QimiQ BENEFITS

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



15



easy

## INGREDIENTS FOR 10 PORTIONS

<b>750 g</b>	QimiQ Sauce Base
<b>750 g</b>	Pike perch fillet, coarsely chopped
<b>750 g</b>	Cod fillet, coarsely chopped
	Lemon juice
	Salt
<b>3 pcs</b>	Fennel head(s) 300 g each, finely shredded
<b>450 g</b>	Green bell pepper(s), finely diced
<b>3</b>	Garlic clove(s), finely sliced
<b>3 tsp</b>	Fennel seeds, dried
<b>3 tbsp</b>	Olive oil
<b>900 ml</b>	Clear vegetable stock
	Herb salt
	Bay leaf
	Cilantro / coriander
<b>600 g</b>	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.