

Whitefish fillet with vegetable strips, herbs and white wine

Description



Yield
4 servings



Scheduling
Preparation: 30–40 minutes



Nutritional values (100 g or 100 ml)
energy: 463 kJ/111 kcal;
fat: 2.3 g, of which saturated 0.4 g;
carbohydrates: 2.9 g, of which sugars 1.5 g;
protein: 11.0 g; salt 0.8 g

Recipe

Ingredients (1'034 g)

480 g	whitefish fillet
160 g	carrots
80 g	leek
200 g	spring onions
5 g	basil
5 g	chervil
5 g	marjoram
80 g	white wine
10 g	olive oil
8 g	table salt
1 g	pepper, black

Production

1

Preparation

Lay out four pieces of aluminum foil for the fish. Finely chop the herbs. Wash the whitefish fillets well and pat dry with kitchen paper.

Cut the carrots and leeks into strips. Cut the spring onions, including the green tops, into fine rings. Blanch the vegetables briefly, drain and rinse with cold water.

Brush the aluminum foil with a little olive oil. Place the fish on top and season with salt and pepper. Spread the vegetable strips and herbs on top. Drizzle with white wine and seal well.

Steam in the convection oven at 180°C in its own juice.

The fish parcels can also be cooked on a hot grill.

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Serving

Serve on hot plates. Suitable side dishes include boiled potatoes or rice.