

CRISPY MARINE-STYLE FILET WITH VEGETABLE SALAD

INGREDIENTS

1 Pack Garden Gourmet Marine-Style Crispy Filet

400g potatoes

150g peas

75g arugula

1 lemon

1 small stalk of broccoli

2 tbsp mixed herbs (dill, parsley)

1 clove of garlic

1 tbsp balsamic vinegar

3 tbsp extra virgin olive oil

100 g vegan butter

salt and pepper

 2 SERVINGS

 40 MIN

 EASY

Enjoy Garden Gourmet's crispy marine-style filets alongside a delectable assortment of vegetables for a delicious meal.

PREPARATION

1. Preheat the oven

Preheat the oven to 200 °C. Peel and finely slice or squeeze the garlic, chop the herbs as finely as possible and grate 1/4 of the zest of the lemon.

2. Mix the herbs

Mix the garlic, herbs and lemon zest into the butter and season with salt and pepper. Spoon the butter onto a piece of kitchen plastic, roll into a roll and place in the fridge to stiffen.

3. Wash and cut the potatoes

Wash and cut the potatoes into wedges. Mix them with olive oil, season with salt and pepper and spread on a baking sheet. Bake the potatoes in the oven for about 20 min until tender and brown, stirring occasionally.

4. Cut the broccoli

Cut the broccoli into florets and also use the stems by peeling them and cutting them into pieces. Cook the broccoli with the peas in boiling salted water for about 8 min until crisp. Let cool to lukewarm and mix in the rocket and sprinkle with balsamic vinegar and olive oil.

5. Presentation

Fry the Marine-style fillet according to instructions on the packet and serve with the roasted potatoes, vegetable salad and melt a slice of herb butter on top.

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