



Sea bass fillets with vegetables and mashed potatoes



Categoria
Peixe



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Intermediate



Com quem?
With friends



Nº de pessoas
4 pessoas

Ingredientes



100ml Gallo Extra Virgin
Olive Oil Reserve



20ml Gallo White Wine

- 4 sea bass fillets (+/- 400g each)
- 460g potatoes
- 80g onions
- 40g grated carrots
- Ginger to taste
- Lemon to taste
- 100ml white wine

Modo de preparação

1

In a baking tray, place the vegetables, half of the olive oil, the white wine vinegar, the table white wine and the lemon juice.

2

Add the rolled sea bass fillets and cover them with tracing paper.

3

Boil the potatoes with skin, drain, peel and crush them with a fork, adding the remaining olive oil.

4

Make mash potato quenelles (shaped like codfish pastries) and place the sea bass fillets on top, drizzling with the potatoes and vegetables cooking stock.

Produtos utilizados



Reserve
Extra Virgin Olive Oil



White Wine
Daily Vinegar



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