

Breaded fish on baked beetroot with parley cream



Menu course:	Main
Servings:	2
Preparation time:	60 minutes
Suggested menu text:	A delicious combination of roasted seasonal beetroot, freshly prepared parley cream sauce with a hint of lemon and breaded white fish

Ingredients

350 g Royal Greenland breaded cod, haddock, Alaska Pollock or fish fingers
200 g beetroot, peeled
2 cloves of garlic
Zest of one lemon
Vegetable oil
200 ml fish stock
50 ml cream
1 large handful parsley, chopped
2 tablespoons lemon juice
1 teaspoon mustard
Salt & pepper

Preparation

Cut the beetroot into wedges and mix with vegetable oil, salt and pepper. Bake in a preheated oven at 170°C for 45 minutes until tender. Season the cooked beetroot with finely grated lemon zest and crushed garlic just before serving. Prepare the fish on a hot pan, in the oven or in the deep fryer. Combine fish stock, cream, mustard and lemon juice in a pan and season with salt and pepper. Mix in the parsley and blend the sauce until it has a smooth and slightly foamy texture. Decorate with fresh herbs.