



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 of Victor Guedes
Extra Virgin Olive Oil
Reserve

- 4 sea bass fillets (around 400g each)
- 460g of potatoes
- 80g of onions
- 40g of grated carrots
- Ginger, to taste
- Lemon, to taste
- 100ml of white wine
- 20ml of white wine vinegar

Modo de preparação

1

In a baking tray, place the vegetables, half of the olive oil, the white wine vinegar, the 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



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