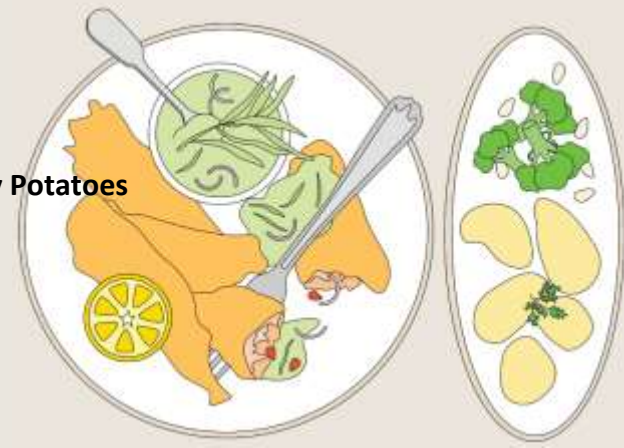


Pikeperch Fillet in Batter with Remoulade Sauce & Parsley Potatoes

Serves 4

Approximate preparation time: 45-50 minutes



Quantity	Ingredients	Preparation
Zander bites		
360 g	fresh zander fillet	Cut the zander fillet into pieces and dust with salt and pepper. Fry in a deep fryer at 160 °C or in a pan until crispy (with an Airfryer the oil consumption can be reduced significantly). Cut the lemon into slices and use with the pomegranate seeds to garnish.
3 g	salt	
50 g	wheat flour	
3 pinches	pepper	
20 g	pomegranate seeds	
3 tbsp	sunflower oil	
130 g	lemon	
Broccoli with almonds		
1 tbsp	butter	Prepare and steam broccoli (also use the stalk). Roast the almonds and melt the butter. Drizzle the broccoli with the butter and sprinkle with the roasted almonds.
500 g	broccoli	
60 g	Almonds flakes	
Parsley potatoes		
20 g	parsley	Peel potatoes, cut into cubes or slices, and steam. Chop the parsley, add salt and olive oil to the salted potatoes, and mix.
1 tsp	salt	
600 g	potatoes (waxy)	
3 tbsp	olive oil	
Remoulade		
1 pinch	pepper	Chop the capers, mix all the ingredients together and season to taste. (Pickles, anchovies and herbs can also be added to the sauce.)
2 pinches	salt	
1 tsp	capers	
1 tbsp	low-fat quark	
5 tbsp	mayonnaise	

Fun fact:

The parsley season is 8 months long (from April to November).