

HOME CHEF

Karl Telfser



Sea Bass | Herb Purée | Fennel

DG

Cooking time: 15 min.

The fish can either be seared on both sides in a frying pan or heated in a bain-marie.

For the second option, bring a pan of water to the boil and remove from the hob.

Put the fish in the sealed vacuum bag in the boiling water for approx. 3-4 minutes.

The herb purée can be heated with the fish in the bain-marie. To do so, simply place the sealed jar in the water.

In the meantime, heat the fennel.

Arrange the fish, purée and fennel on a plate and serve.

Tip:

If you are frying the fish, first sear it on the skin side, then briefly on the other side to finish.

Please note

Keep all ingredients in the refrigerator until use.

The meal will keep in the fridge for up to 2 days and can be prepared on the same evening or next day.

See below for allergens.

Allergens

An allergen is mentioned if the substance identified, or products made with it, are contained as an ingredient in the final product. The 14 main allergens are labelled in accordance with statutory regulations (EU Food Information Directive 1169/2011). In addition, there are other substances that can trigger food allergies or intolerances. Despite careful production of our dishes, alongside the labelled ingredients, traces of other foodstuffs may be contained that are used in the production process.

Foods that have been labelled with certain letters (e.g. C and G) contain the corresponding allergens (e.g. eggs and milk) listed below

List of allergens: A= gluten, B= crustaceans, C = eggs, D= fish, E= peanuts, F= soya beans, G= milk, H= nuts L= celery, M= mustard, N= sesame, O= sulphur dioxide, P= lupins, R= molluscs, mussels.