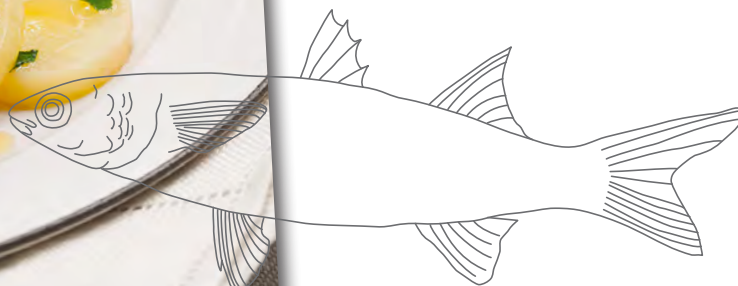




COOKING PASSION SINCE 1877



SUMMERY FISH BAKE



Makes 4 servings

INGREDIENTS:

6 medium-sized waxy potatoes
1 organic lemon
2 tomatoes
80 g pitted black olives
1 bunch flat-leaf parsley
600 g fish fillet, e.g. pollock
Salt
Pepper, freshly ground
3-5 tbsp olive oil

IN ADDITION:

Butter for greasing

ACCESSORIES:

Wire rack, ovenproof dish

NUTRITIONAL INFORMATION:

512 kcal, 35 g carb, 25 g F, 35 g P

PREPARATION:

Wash and peel the potatoes and cut into slices. Heat salted water in a saucepan and parboil the potatoes.

Wash the lemon under hot water and rub dry. Wash the tomatoes. Cut the lemon and tomatoes into slices. Roughly chop the olives. Rinse the parsley, shake it dry and chop it up.

Grease the ovenproof dish. Place the parboiled potato slices in the dish in layers. Place the olives and tomato slices onto the potatoes.

Rinse the fish fillets briefly under cold water, pat dry and place onto the tomatoes. Season the whole dish with salt and pepper and sprinkle parsley on top. Finally, cover with the lemon slices.

Drizzle the bake generously with olive oil and cook as indicated.

SETTING PROCEDURE:

Volume of water in tank: 220 ml
Ovenproof dish on the wire
rack, level 2
3D hot air
150-160 °C
Added steam, low
Cooking time: 30-40 minutes