



Red pepper, broccolini and plaice



Main dish



45 min.



4



INGREDIENTS:

- 4 large fillets of plaice, each 160 gr or 5.6 oz, filleted
- 100 gr or 1.5 oz butter
- 400 gr or 14 oz broccolini (bimi)
- 1 dl or 3.4 fl oz vegetable stock
- 5 cl or 1.7 fl oz Gastrique BELBERRY

For the tapenade:

- 400 gr or 14 oz grilled peppers in olive oil (Piquillo)
- 40 gr or 1.4 oz grated Parmesan cheese
- 1 clove of crushed garlic
- 1 small red onion shredded
- 1 dl or 3.4 fl oz Red Bell Pepper Vinegar ROYAL BELBERRY

PREPARATION:

- Heat the pan with the butter. Fry the plaice fillets in it. Remove and keep warm. Use the same pan for the broccolini and add them to the butter and fry briefly. Add the stock and Gastrique and cover. Cook them on a low heat until tender.
- Make the tapenade: Heat the piquillo peppers with garlic, cheese and shallot. Put in the blender with the Red Bell Pepper and blend finely.

PRESENTATION:

- Spoon some tapenade on the plate and arrange the broccolini on top with the plaice fillets.
- Finish with some piquillo rings and Parmesan cheese shavings.