

Zander Fillet on a Bed of Vegetables

25–30 Min

Ingredients 2 Portions

= Kotányi Produkte

2 piece	Zander fillets, skin-on
1 piece	Zucchini
3 piece	Carrots
4 tbsp.	Olive oil
4 tbsp.	Cornstarch
1 tsp.	Fish Seasoning Mix with Lemon
1 pinch	Garlic, Piquant
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole

Preparation

1. Wash the zucchini and carrots and then use a spiralizer to create fine vegetable noodles.
2. Rinse the zander fillets and pat dry with a piece of paper towel. Now season each with 1 tsp. of Kotányi Lemon Fish mix and then turn in the cornstarch.
3. Fry the fillets in a pan with 2 tbsp. of heated olive oil. Fry the fish skin side down for around 5 minutes and on the other side for another 2 minutes or so.
4. Fry the vegetable noodles in a pan with 2 tbsp. of olive oil and season with Kotányi Sea Salt, pepper and a pinch of Extra-Strong Garlic. Fry for around 3 minutes.
5. Dish the vegetable noodles up serve the zander fillet on top and enjoy.