

Miele

Cod with crust with a roasted vegetable salad

By Miele

15 minutes

Preparation time

20 minutes

Cooking time

4

Serves



INGREDIENTS

Crusted fish

- 60 g butter, softened
- 1 tbsp Dijon mustard
- 50 g sundried tomatoes in oil
- 1 cup roughly chopped parsley
- ½ cup roughly chopped chives
- 1 tbsp lemon thyme
- 60 g panko breadcrumbs
- 4 thick white fish fillets (150 g), such as Blue eye cod
- 1 pinch salt flakes

Roasted vegetables

- 2 yellow capsicum, roughly chopped
- 2 red capsicum, roughly chopped
- 200 g waxy potatoes, cut into thin wedges
- 1 red onion, cut into wedges
- 1 garlic clove, crushed
- 1 tbsp olive oil
- ½ tsp salt flakes
- ¼ tsp smoked paprika

Dressing

- 30 ml balsamic vinegar
- 1 tbsp Dijon mustard
- 2 tbsp honey
- 1 pinch salt flakes
- 1 pinch pepper
- 60 ml olive oil

To serve

- 125 g rocket

Miele accessories

- Grilling and roasting insert
- Universal tray

METHOD

Crusted fish

1. Blend together the butter, mustard, sundried tomatoes in oil, parsley, lemon thyme and chives. Fold in the panko breadcrumbs and season with salt to taste.
2. Pat the fish fillets dry and lightly salt them.
3. Shape the crust into 4 pieces corresponding to the size of the fish fillets and place them on the fish.
4. Place the grilling and roasting insert on the universal tray. Place the fish on the left side of the grilling and roasting insert.

Roasted vegetables

1. Place the two types of capsicum, potato wedges, onions and garlic in a bowl, drizzle with oil and season.
2. Spread out the vegetables on the right side of the grilling and roasting insert next to the fish.
3. Place the tray in the oven on shelf level 2 and Roast on Fan Plus at 210°C for 20 minutes or until fish is tender.

Dressing

1. Mix together the balsamic vinegar, mustard, honey, salt and pepper in a screw-top jar. Add the olive oil, seal the jar and shake vigorously for approx. 1 minute.

To serve

1. Mix the rocket with the warm vegetables and marinate the salad with the dressing.
2. Serve the fish on the salad.

Additional appliance method

Oven with AirFry.

- Miele's new AirFry function (available in selected ovens) combined with the grilling and roasting insert creates crispier results compared to using the regular Fan Plus setting.
- This dish can be cooked using the same method as above but using the AirFry function. Cooking times may be reduced.