

RED MULLET WITH ASPARAGUS, STEAMED POTATOES & BASIL



Ingredients (10 persons)

- 1 kg Aviko Steam and Fresh 20/30 potatoes
- 20 red mullet fillets (skin on)
- 250 g butter
- 30 white or green asparagus, chopped into quarters
- 2 handfuls of basil leaves
- lemon juice
- white wine
- 10 sheets baking paper

Red mullet with asparagus, steamed potatoes & basil butter

Preparation

1. Prepare the basil butter a day in advance by softening the butter in a food processor, then mix in the basil leaves and season with salt, pepper and lemon juice.
2. Divide the potatoes over the sheets of baking paper, place the asparagus on top.
3. Top with two red mullet fillets per portion, skin down.
4. Finally add the basil butter, sprinkle with white wine and season to taste.
5. Fold the baking paper and prepare the parcels in the combi-steamer for 12 minutes at 175°C.
6. Open the parcels and serve in the baking paper.

Tip

For an even more fragrant dish add a selection of fresh garden herbs to the butter.



Share our passion for potatoes