

Recipe: Plaice in a mustard sauce



1 portion contains approximately: 426 kcal - 46 g protein - 14 g fat - 29 g carbohydrate

Ingredients (for 2 persons)

- 2 plaice fillets (200g each)
- 70 g brown rice
- 2 tbsp lemon juice
- 1 tbsp reduced-fat cream cheese with herbs
- 2 tsp butter
- 150 ml vegetable stock
- 2 tbsp low-fat crème fraîche
- 1 tsp capers

- 1 tsp mustard
- 2 sprigs of dill
- 50 g iceberg lettuce
- 1 tsp walnut oil
- 1 tbsp vinegar
- 2x wooden skewers
- Salt, pepper

Preparation

1. Prepare the brown rice, according to the instructions on the package.
2. Wash the plaice fillets and season with lemon juice, salt, and pepper.
3. Spread the cream cheese on the filets, then roll them up and pin together with a wooden skewer.
4. Bring the butter, vegetable stock, and capers to a boil in a pan. Add the fish rolls and cover; cook for about 10 minutes over low heat.
5. Remove the fish from the pan and keep warm.
6. Mix the mustard with the low-fat crème fraîche and stir into the sauce. Season to taste with salt, pepper, and dill.
7. Wash the lettuce and prepare a dressing from water, oil, vinegar, and spices.
8. Serve with rice.

* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.