



MARINE-STYLE CRISPY FILET WITH STIR-FRIED SPINACH AND ROASTED POTATOES

INGREDIENTS

1 pack Garden Gourmet Marine-Style Crispy Filet

400g (mixed) small potatoes (unpeeled)

400g fresh spinach

1 small red onion

1 lemon

1 clove of garlic

1 small bunch of dill / parsley

1 tbsp olive oil (for frying)

salt and pepper



2 SERVINGS



25 MIN



EASY

This harmonious medley of stir-fried spinach, roasted potatoes, and Garden Gourmet's Marine-style crispy filet. Treat yourself to this delectable creation!

PREPARATION

1. Preheat the oven

Preheat the oven to 200°. Wash and halve the potatoes and spread them on a baking tray or spacious baking dish.

2. Drizzle them with olive oil

Drizzle them with olive oil and sprinkle with salt and pepper and roast them in the center of the oven for about 20 min. until tender and brown. Toss them occasionally while roasting. Finely chop the herbs and sprinkle over the roasted potatoes.

3. Chop the onion

Chop the onion and garlic and sauté in a large cooking pan in 1 tbsp oil until glazy. Add the spinach and stir-fry until the spinach shrinks. Season with salt and pepper to taste.

4. Fry

Fry the Garden Gourmet Marine-style crispy fillet on both sides in about 2 to 3 tbsp olive oil according to the instructions on the package until golden brown and crispy.

5. Serve

Serve the Garden Gourmet Marine-style crispy fillet with the spinach, the roasted potatoes and remaining herbs and some slices of lemon.

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