



MARINE-STYLE CRISPY FILET WITH VEGETABLES AND PICKLE SAUCE

INGREDIENTS

1 pack of Garden Gourmet Marine-Style Crispy Filet

150g potatoes

400g fresh spinach

1 small red onion

2 tbsp (vegetable) yogurt

1 lemon

1 small bunch of dill / parsley

1 clove of garlic

1 pickle

2 tsp capers

1 tbsp (vegetable) mayonnaise

2 tbsp olive oil (for frying)

salt and pepper



2 SERVINGS



30 MIN



EASY

Indulge in Garden Gourmets Marine-style Crispy filet with a tangy sauce, the ultimate flavor companion. Get ready to be hooked on its mouthwatering taste!

PREPARATION

1. Preheat the oven

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

2. Drizzle 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. While roasting, turn them occasionally.

3. Mix the sauce

Meanwhile, make the sauce: chop the onion and finely chop the pickle and capers and herbs. Mix with the yogurt and mayonnaise and set aside.

4. Prepare the spinach

For the spinach, chop the onion and garlic and fry them in a large saucepan in 1 tbsp oil until glazy. Add the spinach and stir-fry until the spinach shrinks. Season with salt and pepper to taste.

5. Fry the filet

Fry the Marine-style crispy filet in about 2 tbsp olive oil according to the instructions on the package until golden brown and crispy.

6. Serve the dish

Serve the Marine-style crispy filet with the spinach, the roasted potatoes, and the pickle sauce.

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