

Pan-fried Grouper with Apple & Mustard Dressing



aroma
KITCHEN

INGREDIENTS

- 1 knob Valio butter
- 1 tbsp Maille Dijon Mustard
- 400g Grouper, cut in 2 fillets
- 1+3 tbsp olive oil
- 1 tsp honey
- ½ cup apple cider
- 6 cherry tomatoes, quartered
- 10 French beans, cut into pieces and blanched
- 2 tbsp crushed walnuts
- 1 red apple, peeled, cored & diced
- 1 tsp cinnamon
- 2 shallots, chopped
- 1 tsp lemon zest
- 1 carrot grated
- 2 spring onions, chopped
- 1 large potatoe, diced and boiled
- Bunch baby spinach
- Salt and Pepper to taste



METHOD

- 1 Season the fish with salt and pepper to taste and quickly seal on both sides in a hot pan with a little olive oil.
- 2 Transfer to a baking tray and finish off cooking in the oven at 180°C for 8-10 minutes.
- 3 Heat a knob of butter in the same pan and saute together an apple, shallots and cinnamon to soften.
- 4 Add in the honey and caramelize, followed by the cider and continue to cook to reduce.
- 5 Remove from the heat, blend the puree and stir in the mustard, zest and season with salt and pepper.
- 6 Make a salad by mixing all the remaining ingredients and season with salt and pepper.
- 7 Spoon the salad into 2 serving plates, lay the fish fillets on top and drizzle with apple and mustard dressing.