

Bream fillets with ponzu sauce

Total time **20 mins** 20 mins preparation time

Nutritional facts (per portion):

1330 kJ / 318 kcal

INGREDIENTS

4 portion(s)

- 4** bream fillets
- 2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
- 4** sprigs fresh dill
- To accompany:**
- 200 g** of cooked quinoa
- 4** small white onions
- 0.5 bunch** of chives
- 0.5 bunch** of parsley
- 4** sprigs of dill
- 1** yellow carrot
- 1** yellow lemon
- 1** heart of fennel
- 2 tbsp** of olive oil
- 2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon

PREPARATION

Step 1

Prepare the accompaniment: Cut the fennel in very thin strips and set aside. Peel and grate the carrot rinse and chisel all the herbs, peel and chisel the onions. Pour the olive oil and the sauce into a salad bowl, emulsify, and add the herbs the vegetables, and mix. Pour the quinoa into a bowl, turn and set aside.

Step 2

Heat the Ponzu sauce in a large frying pan; put the bream fillets in it and cook 2 minutes on each side on medium heat, sprinkle with dill and remove from fire. Serve the bream fillets, pepper and coat remaining cooking sauce. Serve with quinoa with herbs and a few slivers of fennel.