

## **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 2 tbsp	bream fillets 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.