

Miele

Macadamia crusted fish with asparagus and green beans

By Miele

30 minutes

Preparation time

12-15 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Macadamia crusted fish with asparagus and green beans

85 g (½ cup) macadamia nuts
1 garlic clove, crushed
35 g (½ cup) panko breadcrumbs
¼ cup finely chopped chives
½ lemon, juiced
60 g butter, softened
Salt flakes and pepper, to taste
2 bunches asparagus, trimmed
350 g green beans, trimmed
2 tsp olive oil
4 white fish fillets (150 g each)

Dressing

2 shallots, finely diced
1 large red chilli, deseeded and finely diced
4 parsley stalks, finely chopped
1 garlic clove, crushed
3 sprigs thyme, finely chopped
1 small pinch saffron
2 tbsp red wine vinegar
1 tsp honey
80 ml (? cup) olive oil

Miele accessories

Perforated baking tray
Universal tray
Grilling and roasting insert

METHOD

Macadamia crusted fish with asparagus and green beans

1. In a food processor, pulse the nuts briefly to break up.
2. Add the garlic, panko breadcrumbs, chives, lemon juice, butter and seasoning and pulse until just combined.
3. Combine the asparagus stems with the green beans. Drizzle with the oil and season with salt and pepper.
4. Season the fish, then divide the crust mixture into four and press onto the top side of each piece of fish.
5. Place the fish on a perforated baking tray.
6. Place a universal tray on shelf level 1 and select Combi mode: Grill + Grill setting 3 + 80% moisture.
7. Place the tray into the combi steam Pro oven on shelf position 2 and cook for 8 minutes.
8. Place the asparagus and green beans on the tray with the fish and continue to cook for a further 5 minutes, or until the crust is browned and the fish is cooked.

Dressing

1. Place all ingredients, except the olive oil, into a bowl and whisk to combine.
2. Slowly add the olive oil, while whisking to emulsify.

To serve

1. Pour the dressing over the greens and toss to evenly distribute.
2. Serve one portion of fish with the greens on the side.

Hints and tips

- Hapuka or Barramundi work well with this recipe.
- If using different fish, cooking times may vary.
- Extra dressing can be served on the fish if desired.
- The fish can also be cooked on a grilling and roasting insert in a universal tray on shelf level 2.
- This recipe was tested in a 45 cm combi steam Pro oven. If you own a 60 cm model, cook the fish on shelf level 4.