Pollack with pak choi and Eastern-style sauce



Used Bresc products



Bresc Garlic chopped 1000g



Bresc Garlic chopped 450g



Bresc Lemongrass puree 450g



Ginger puree 450g

Ingredients

4

For the sauce

- 100 g shallots, chopped
- 10 g Bresc Garlic chopped
- 10 g Bresc Lemongrass puree
- 5 g Bresc Ginger puree
- 2 kaffir lime leaves
- 15 g sugar
- 15 g fish sauce
- 15 g rice vinegar
- 15 g lime juice
- 150 g vegetable stock

For the pak choi

- 3 heads pak choi
- ¼ chilli

Other ingredients

- 400 g pollack
- salt and pepper
- olive oil for frying

Preparation method

For the sauce, braise the shallot with the garlic, lemongrass, ginger and kaffir lime leaves in a dash of olive oil. Add the remaining ingredients. Allow to simmer for 5 minutes. Season with salt and pepper. Loosen the leaves from the pak choi. Chop the chilli extremely finely. Fry the chilli pepper briefly in hot olive oil. Add the pak choi and fry briefly. Season with salt and pepper. Cut the fish into 4 parts. Season with salt and pepper. Fry in olive oil until it is cooked through.

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