



Cod in basil oil, wild herb spinach, green tea guacamole



Rezept für 4

Ingredients for the basil oil

100 g basil leaves
0.6 dl olive oil
0.6 dl sunflower oil

Ingredients for the cod

4 cod fillets, skinless, each
100 g
Salt
4 tbsp basil oil

Ingredients for the wild herb spinach

300 g spinach, washed
300 g mixed wild herbs, washed
2 spring onions, finely diced
2 garlic cloves, finely diced
5 tbsp basil oil
Salt
Freshly ground pepper

Ingredients for the avocado cream

1 lime, juice and zest
2 tsp sugar
2 tsp green tea
1 tsp coriander seeds
1 tbsp crème fraîche
1 avocado
Salt
Freshly ground black pepper

To prepare the basil oil

Blanch the basil, plunge into cold water, place in a tea towel and squeeze out the water. Heat up both oils to 60 °C and mix with the basil leaves for 5 minutes. Let the oil infuse overnight and pour through a coffee filter the next day.

To prepare the cod

Brush the cod with the basil oil, vacuum-seal and cook on the Steam setting at 60 °C for approx. 4 minutes.

To prepare the wild herb spinach

Heat the basil oil in a pan, briefly sauté the spring onions and garlic and then add the spinach and herbs. Sauté for 2 minutes and season with salt and pepper.



To prepare the avocado cream

For the avocado cream, bring the lime juice to the boil with the lime zest, sugar and green tea, and allow to reduce slightly. Mix in the crème fraîche and coriander seeds and leave to infuse for 5 minutes. Strain through a sieve. Mix the avocado flesh with the lime cream and season to taste with salt and pepper.

Anrichten

Serving

Place the wild herb spinach on plates, lay the cod on it and top with the guacamole and basil oil.

Cooking level for the cod

Preheated

4 minutes | Steam setting at 60 °C