

Fish roulade in mustard sauce

Savoury

level 

 1

 40 min



Ingredients

100 ml	Fresubin 2 kcal DRINK Neutral
150 g	redfish, fresh or deep-frozen
5 g	butter (1 level teaspoon)
50 g	spring onions, ready for cooking
50 g	carrots, ready-to-cook
50 ml	vegetable stock
10 g	mustard (1 level tablespoon)
3 g	flour (1 level tablespoon)
20 ml	cream (30 % fat) (2 tablespoons)
	salt, pepper, pinch of sugar

Nutritional information per serving:

Energy	551 kcal
Protein	43.3 g
Fat	26.5 g
Carbohydrate	34.3 g
Fibre.....	0.0 g



Alternative products:

Fresubin® Energy DRINK

Preparation

Cut the spring onions into small rings and dice the carrots into small cubes and sauté in butter. Season the redfish filet and spread the mixture evenly. Roll the fish filet and place in a casserole.

Whisk the remaining ingredients and pour over the fish filet. Cook for approximately 20 to 25 minutes in a preheated oven at approx. 160 °C.

TIP:

We recommend boiled potatoes or rice as side dish.