

# Fillets of Black Belly Rosefish in the Spinach Sauce



I like all sorts of fish, but I love them in a sauce best. In this recipe, I use black belly rosefish, which is not obligatory of course. Salmon fillets are perfect, too.

## INGREDIENTS :

1 kg of fish fillets ( black belly rosefish or salmon)

3 spoons of oil

50 g of dry tomatoes (you buy them in oil )

400 g of frozen spinach

5 cloves of garlic

30 g of butter

1 onion

100 ml of white wine

450 ml of cooking cream

50 g of parmesan

Salt ( according to your taste )

Pepper ( according to your taste )

**ADDITIONAL INGREDIENTS :**

5 g of corn starch

10 ml of water

**PROCEDURE :**

1. chop the onion, garlic and drained dry tomatoes finely ...
2. season the fish with salt and pepper ...
3. fry the fish on heated oil for 3-5 minutes on each side ( fry the fish on the skin side first ) ...
4. take the fish out of the pan ...
- 5 . melt the butter in the same pan and fry the onion and garlic ...
- 6 . add the wine and cook on light heat for ca . 4 – 5 minutes ...
7. add dry tomatoes and fry for 2 more minutes ...
- 8 . add cooking cream, salt, and pepper ( according to your taste ) and the frozen spinach ...
9. when the spinach has melted, continue cooking for 3 – 5 minutes on light heat ...
10. add the parmesan and let it melt in the sauce ...

**NOW IT IS THE RIGHT TIME IF YOU WANT YOUR SAUCE TO BE THICKER**

...

- 11 . mix water and corn starch and add it to the sauce and cook for just 1 minute ...

**SKIP THIS PROCEDURE IF YOUR SAUCE IS THICK ENOUGH ...**

12 . put the fish back into the sauce and enjoy the delicious dinner ...



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