



# Sea bass fillets with vegetables and mashed potatoes



Categoria  
Peixe



Tempo de preparação  
Médio



Dificuldade  
Médio



Custo  
Intermediate




Com quem?  
With friends



Nº de pessoas  
4 pessoas

## Ingredientes

 100ml of Victor Guedes  
Extra Virgin Olive Oil  
Reserve

- 4 sea bass fillets (around 400g each)
- 460g of potatoes
- 80g of onions
- 40g of grated carrots
- Ginger, to taste
- Lemon, to taste
- 100ml of white wine
- 20ml of white wine vinegar

## Modo de preparação

1

In a baking tray, place the vegetables, half of the olive oil, the white wine vinegar, the white wine and the lemon juice.

2

Add the rolled sea bass fillets and cover them with tracing paper.

3

Boil the potatoes with skin, drain, peel and crush them with a fork, adding the remaining olive oil.

4

Make mash potato quenelles (shaped like codfish pastries) and place the sea bass fillets on top, drizzling with the potatoes and vegetables cooking stock.

## Produtos utilizados



*Reserve*  
Extra Virgin Olive Oil



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