

# ZANDER

(PIKE PERCH)

*fried with skin –  
on a bed of spinach with roasted  
tomatoes and thyme sauce*



[www.aquapri.dk](http://www.aquapri.dk)

*For 4 servings*

**Ingredients:**

600 g zander fillets,  
skin on (*skin must be  
descaled*)

oil for frying  
salt and pepper

400 g spinach  
12 plum tomatoes  
1 dl chicken fond  
(reduced for strong flavor)  
100 g butter  
1 tbsp. thyme leaves,  
picked and rinsed

**Preparation:**

Place the tomatoes on a  
baking tray with baking  
parchment and bake in  
the oven at 100 °C for  
75 minutes.

Remove leaves from stalk  
and rinse spinach leaves in  
fresh water several times.

Fry the zander fillets in oil  
on a pan 2-3 minutes on  
the skin side until the skin  
is beautifully golden.

Season the meat side  
with salt and pepper.  
Then turn the zander

fillets, fry for 1 minute on  
the meat side and serve  
immediately.

While the fish is frying,  
prepare the sauce by  
boiling the chicken fond,  
stir in the butter and add  
thyme leaves.

At the same time, sweat  
the spinach in a pan for  
2 minutes – season with  
salt and pepper.

Serve the zander on the  
spinach, arrange the  
sauce around the fish and  
place the tomatoes next  
to the fish.

*If you don't have a chicken  
fond, serve a herb oil instead  
of the thyme sauce:*

*Ingredients:*

*2 handfuls of rinsed herbs, e.g.  
parsley, basil, dill and chervil*

*½ clove of garlic*

*1 dl cold-pressed rapeseed oil*

*2 tbsp. sunflower seeds*

*salt and pepper*

*Preparation:*

*Blend the herbs, garlic and oil,  
add sunflower seeds, blend  
to a uniform consistency and  
season with salt and pepper.*

[www.aquapri.dk](http://www.aquapri.dk)

**aquapri**

*Danish family-owned fish farming  
with over 100 years of experience*

We produce and supply fresh zander from Danish aquaculture in consistently top quality throughout the year. Our zander comes from sustainable fish farming with recirculation systems using fresh clean water from our own well. We refer to it as luxury quality with a green profile, and we are proud of our unique zander. The fish meat has a fine structure and firm consistency, and tastes out of this world. *Bon appétit!*