



Steamed Fish & Vegetables with a Lemon Butter Sauce

Preparation:

Using cooking spray, lightly spray Shape It Moulds #11, #12 and #7

Serves:

Fish: 6
Green Beans: 10
Sweet Potato: 5
Lemon Butter Sauce: 10

Prep Time:

Fish: 20 minutes
Green Beans: 10 minutes
Sweet Potato: 5 minutes
Lemon Butter Sauce: 5 minutes

Ingredients

Fish

600g steamed white fish
75ml vegetable stock or other liquid
4½ x Scoop A Shape It

Steamed Green Beans

500g cooked green beans
100mL vegetable stock
8 x Scoop A Shape It

Salt and pepper to taste

Lemon Butter Sauce

80 g butter
¼ cup (60 mL) lemon juice
Parsley dust*

Sweet Potato

Refer to page 55 of *shaped; your essential guide to shaped cuisine*

Method

Fish

1. Place stock and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot steamed fish, into a food processor, pour in hot liquid, puree until smooth, scrape down sides as required and blend thoroughly. Season to taste with salt and pepper.
3. Pour into the prepared mould, cover with lid and refrigerate until set.
4. Remove from mould and heat before serving (reheat according to the **Shape It** reheating guide on our website flavourcreations.com.au).

Green Beans

1. Place stock or milk and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
2. Place hot steamed beans into a food processor, pour in hot liquid, puree until smooth. Season to taste. Pass through a fine sieve if needed.
3. Pour into the prepared mould with lid and refrigerate until set.
4. Remove from mould and heat before serving (reheat according to the **Shape It** reheating guide on our website flavourcreations.com.au).

Lemon Butter Sauce

1. Melt the butter in a small saucepan over medium heat, stir in the lemon juice.
2. Cook until foaming, then pour over the fish.
3. Sprinkle with Parsley dust.

**Download our eCookbook for the Parsley Dust recipe and many more Shaped food creations. Bit.l/shapedbook*