

Teriyaki Sole with Champagne Mushroom Sauce

Total time **50 mins** 50 mins preparation time

Nutritional facts (per portion):
3166 kJ / 756 kcal

Fat: **28 g** Protein: **33.1 g**
Carbohydrates: **45 g**

INGREDIENTS

4 portion(s)

180 g long-grain wild rice
100 g mushrooms
1 tbsp butter
1 tbsp sliced almonds
1 tbsp chopped fresh or frozen herbs
6 ready-to-cook sole fillets (depending on size)
2 tbsp Kikkoman Teriyaki Sauce with Roasted Garlic
200 ml fish stock
100 g double cream
200 ml Champagne
1 pinch of sugar
1.5 tbsp Kikkoman Naturally Brewed Soy Sauce
50 g cold butter
1.5 tbsp whipped cream
2 tbsp ghee or butter for frying the fish

PREPARATION

Step 1

Cook the wild rice according to the pack instructions. Wash the mushrooms, chop into fine slices and sauté in butter. Roast the almonds in a dry pan until they are golden brown. Stir the mushrooms, almonds and chopped herbs into the cooked rice and keep warm.

Step 2

Rinse the fish under running water, dab dry with kitchen roll and marinate for 15 minutes in the Teriyaki Sauce with Roasted Garlic.

Step 3

To make the Champagne mushroom sauce, reduce the fish stock, the double cream and the Champagne by half, add a pinch of sugar and the soy sauce, and then whisk in the pieces of ice cold butter. Just before you serve it, season the sauce with soy sauce, stir in the whipped cream and whisk with a hand blender or balloon whisk.

Step 4

Heat up the ghee or butter in a pan, dab the sole fillets dry with kitchen roll and fry for 2 minutes on each side, occasionally basting with the ghee. Serve with the Champagne mushroom sauce and wild rice.