



Fish with Béchamel and Egg Sauce

Ingredients

- 750 g White fish fillet
- 2 tbsp Vegetable Oil
- 0.25 tsp Ground Black Pepper
- 2 tbsp Coriander leaves, chopped
- 1.5 tbsp Butter
- 1 Medium Onion, sliced
- 4 cups Milk
- 1 Sachet MAGGI® Bechamel Mix
- 3 pieces Eggs
- 0.5 cup Mozzarella cheese

Instruction

1. Combine fish fillets with oil, black pepper and coriander. Season with salt to taste. Marinate in fridge for 1 hour.
2. Using a non-stick frying pan, pan-fry the fish fillets until they become golden brown. Remove and place them on a baking dish.
3. Meanwhile, melt butter in a large saucepan, add and cook onions over medium heat for 3-4 minutes or until tender.
4. Add milk and MAGGI® Béchamel Mix, bring to boil under constant stirring and cook for 2-3 minutes or until the sauce thickens. Remove from heat and stir in the grated cooked eggs.
5. Spoon the béchamel sauce over the fish, sprinkle with the grated cheese.
6. Bake in a 200°C preheated oven for 8-10 minutes.
7. Serve with rice or potato.

Nutrition

Carbohydrates	19.09 g
Energy	546.37 kcal
Fats	34.4 g
Protein	40.63 g

15 Minutes

6 Servings