

Fish pan with shrimp, asparagus and parmesan

4 servings

500 g cod or other white fish
1 yellow onion
2 garlic cloves
3 dl whipping cream
5 cl white wine
70 g sun-dried tomatoes in olive oil
1 tbsp pizza seasoning
1.5 dl grated Parmesan cheese (or equivalent hard cheese)
70 g baby spinach
1 can asparagus
500 g unpeeled shrimp (frozen works great)
Salt and white pepper

Peel the shrimp.

Cut the fish into pieces.

Cut the asparagus into pieces.

Shred the tomatoes (if they are not already).

Finely chop the yellow onion and garlic. Fry in a pan with high edges until it starts to color.

Add cream, wine, tomatoes and pizza seasoning. Simmer for about 10 minutes.

Add fish, Parmesan cheese and spinach. Simmer for 5-6 minutes under the lid.

Add asparagus and shrimp. Heat carefully so that it does not boil, otherwise the shrimp will become tough.

Season with salt and pepper.