

Red mullet “alla Siciliana”



Time: 15 min.

Difficulty: Medium

Ingredients (4 people)

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- Chopped Tomatoes 500g 300 ml
- Desalinated Capers 50 g
- Extra Virgin Olive (EVO) Oil as required
- Fresh basil as required
- Fresh red mullet fish 16 - 1040 g
- Garlic 1 clove
- Pepper to taste
- Salt to taste
- Taggiasche Olives 50 g

For this recipe we used:



Preparation

Make the sauce “alla Siciliana”: warm some EVO oil in a casserole and sauté garlic in it. Add olives, capers and drained **Pomì** **chopped tomatoes**, cook for 10 minutes and season to taste.

Clean the red mullets and cook them in a non-stick pan 2 minutes per side.

Once ready, lay them in a flat plate and dress with the Siciliana sauce. Decorate with nice basil leaves and a little EVO oil.