

Gilthead Bream with Greek Vegetables

30—40 Min

Preparation

1. Cut the cherry tomatoes in half. Cut the other vegetables into similarly sized pieces.
2. Heat the olive oil in a pan and add the eggplant, zucchini and bell pepper. Add the scallions and red onion and fry briefly.
3. Then fold in the cherry tomatoes and the Greek herbs. Season to taste with sea salt and ground pepper.
4. Season the gilthead bream fillets with sea salt and ground pepper.
5. Heat some olive oil in a non-stick pan and fry the fish fillets for two minutes on both sides. They should still be transparent in the middle.
6. Serve the vegetables on a plate, place the gilthead bream fillets on top and enjoy.

Ingredients 4 Portions

= Kotányi Produkte

4	Gilthead bream fillets
4 tbsp.	Olive oil
1	Zucchini
1	Eggplant
1	Red bell pepper
1	Yellow bell pepper
150 g	Scallions
1	Red onion
150 g	Cherry tomatoes
1 tbsp.	Greek Herbs
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole