



Gilthead Bream with Greek Vegetables

🕒 30—40 Min ❤️ ❤️ ❤️

Preparation

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

- 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.

