Pomì
O Così. O Pomì.

Red mullet “alla Siciliana”



Preparation time: 15 min
Difficulty: Medium

Ingredients

- Desalinated Capers: 1,7 oz
- Extra Virgin Olive (EVO) Oil: as required
- Fresh basil: as required
- Fresh red mullet fish: 1/2 oz - 2,3 lb
- Garlic: 1 clover
- Pepper: to taste
- Salt: to taste
- Taggiasche Olives: 1,7 oz

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.

For this recipe we used:

None 10,58 fl. oz.

