



BAKED FILLET OF SEA BREAM

Categoria: Hovedretter **Tempo di preparazione:** 20 minutes **Difficoltà:** facile 🕒

Ingredienti per 4 persons

- Sea bream (4 fillets) 700 g
- Peas 70 g
- Courgettes 200 g
- Carrots 140 g
- Pickled capers 8 g
- White wine 50 g
- Fine salt to taste
- Black pepper to taste
- Thyme to taste
- Lemon peel 1
- Extra virgin olive oil to taste
- Garlic 1 clove
- Raddish to taste

Heat the oil and the poached garlic clove in a frying pan, add the previously thinly sliced courgettes, carrots and peas and cook for 3 minutes over a moderate flame.

Deglaze with white wine and allow to evaporate. Season with the zest of half a lemon and thyme leaves.

Cook for another two minutes, then remove the garlic clove, season with salt and pepper and turn off the heat, the vegetables should be crispy.

Lay a sheet of baking paper on the table, place one of the 4 cleaned sea bream fillets in the middle and season with oil. Season with salt, pepper and the zest of half a lemon. Now place part of the cooked vegetables and the drained capers on top of the fish.

Add a few slices of red raddish. Close the foil by lifting the paper flaps and lay them on top of the fish.



Now fold the paper on the two short sides to close the foil again. Continue in the same way with the other 3 fillets. Place the 4 cartocci on a baking tray and bake in a preheated oven at 200° for 20 minutes. Once cooked, take the gilthead bream fillets al cartoccio out of the oven and serve hot.

Enjoy it's from Europe!

