



BAKED FILLET OF SEA BREAM

Categoria: Main Courses **Difficoltà:** molto 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

Wash the radishes and slice them thinly.

Heat the oil and the poached garlic clove in a frying pan.

Add the previously thinly sliced courgettes, carrots and peas.

Cook for 3 minutes over a moderate flame.

Deglaze with white wine and let it evaporate.

Season with the zest of half a lemon and thyme leaves.

Cook for another two minutes.

Remove the garlic clove and season with salt and pepper.



Turn off the heat, the vegetables should be crispy.

Season with oil one of the 4 cleaned sea bream fillets.

Season with salt, pepper and the zest of half a lemon.

Lay some of the cooked vegetables and the radishes on top of the fish.

Add drained capers and thyme leaves.

Close the foil by lifting the paper flaps and lay them on top of the fish. Fold the paper on the two short sides to close the foil again.

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.