



SEA BREAM AND KOHLRABI WRAP

Categoria: Main Courses **Tempo di preparazione:** 30 minutes **Difficoltà:** medio

Ingredienti per 2 persons

- Kohlrabi leaves 2
- Cleaned gilthead bream fillets 2
- Extra virgin olive oil 2 teaspoons
- Pepper to taste
- Sesame seeds to taste
- Fresh chilli pepper to taste

For the Mediterranean pesto

- Dried tomatoes 150g
- Garlic 1 clove
- Fresh chilli pepper to taste
- Almonds or pine nuts 20/30g
- Extra virgin olive oil to taste
- Salt to taste

For the pesto, combine all the ingredients in the blender, run the blades until the mixture is bound; keep aside.

Cut the outer leaves off the kohlrabi and blanch them briefly, just long enough to soften; cool in cold water and dry well with paper towels.

Add a generous spoonful of pesto to the centre of the leaf; place the gilthead bream fillet in the centre, and season with oil, salt and pepper.



Add the finely sliced chilli pepper and sesame seeds; fold the leaves towards the centre to close the roulade; seal the roulade with toothpicks or wrap with kitchen string; heat a non-stick frying pan over a medium heat with a little oil, add the roulades and cook for 8-10 minutes with the lid on, turning them every 2 minutes; for the last few minutes of cooking, proceed without the lid so that a tasty crust forms; serve hot.

