



Fillet of Red Mullet with Provençal Vegetables (Main Dish)

Quantity	Ingredient	Kcal per 100 g	Kcal per portion
400 g	Red mullet fillets	111	111
65 g	Tomato	18	3
40 g	Onion	40	4
80 g	Courgette	16	3
60 g	Aubergine	24	4
40 g	Red bell pepper	26	3
40 g	Green bell pepper	20	2
80 g	Green asparagus	20	4
120 g	Celery stalks	38	11
100 g	Water	0	0
10 g	Olive oil	900	90
15 g	Salt	0	0
5 g	Black pepper	238	2
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Preparation:

Boil the celery in water and make a purée.

Cut the onion, courgette, aubergine and bell peppers into a brunoise (tiny cubes) and sauté these along with the asparagus in a bit of olive oil. Slice the tomato into wedges.

Add the red mullet and the remaining oil to the skillet. Brown the mullet carefully so that it does not overcook.

Arrange all the ingredients on the plate according to taste and garnish with a sprig of dill.