Elvea, festa all'italiana

Red mullet with eggplant

Ingredients for 2 Persons

1	eggplant
2 cloves	garlic
4	bass fillet
2 tablespoons	flour
400 g	ELVEA Polpa di pomodoro
50 ml	white wine
2 sprigs	lemon thyme
2	mini fennels
2 tablespoons	white balsamic vinegar
	salt
	pepper
	olive oil

Preparation

Cut the eggplant into roughly 1 cm-thick slices. Salt on both sides and press firmly. Heat a drizzle olive oil in a pan and cook the eggplant slices with the garlic clove. Dry the eggplant slices by dabbing them with kitchen paper.
Flour the red mullet fillets. Heat a drizzle of olive oil in a large skillet and cook the pieces of fish until crisp. Drain on kitchen paper.
Finely chop a garlic clove and fry in the pan that has contained the fish. Then add Polpa di pomodoro and deglaze with white wine. Season with pepper, salt and lemon thyme.
Cut the mini-fennel into pieces. Salt and pepper them and marinate them in white balsamic vinegar.
Arrange the eggplant slices nicely on a plate. Shower with tomato sauce and place the red mullet on top of it. Finish with a few pieces of marinated fennel and lemon thyme.