

FREGULA WITH REDFISH AND ANTIBOISE



USED BRESC PRODUCTS



Black Kalamata olives
tapenade 1000g

INGREDIENTS

4 

- 150 g fregula
- 100 g Bresc Chunky salsa tomato
- 4 redfish fillets, with skin
- 100 g olive oil
- 10 g Bresc Black Kalamata olive tapenade
- 10 g capers
- cress

PREPARATION METHOD

Cook the fregula. Mix the olive oil with the Chunky tomato salsa and capers. Spread the olive oil lightly on the skin side of the redfish. Grill the skin with a gas burner until crisp. Cook the fillets in the oven at 180 °C briefly until tender. Spoon the fregula onto a plate and arrange the redfish on top. Drizzle the antiboise around it. Garnish with cress and droplets of the olive tapenade.