



MARINE-STYLE CRISPY FILET WITH MEDITERRANEAN SALAD

INGREDIENTS

1 pack Garden Gourmet Marine-Style Crispy Filet

150g bulgur

250g mixed tomatoes

1 small red onion

1/2 cucumber

1 lemon

4 tbsp (vegetable) yoghurt

1 tbsp capers

50g arugula

8 kalamata olives

small bunch of parsley and mint

4 tbsp extra virgin olive oil



2 SERVINGS



30 MIN



EASY

Enjoy a taste of the Mediterranean with this salad. Paired with our Marine-style crispy filet, it's a treat for your taste buds!

PREPARATION

1. Cook the bulgur

Cook the bulgur according to the instructions on the package and let cool to lukewarm. Chop the herbs finely (keep 1 tbsp. aside) and mix through the bulgur. Season with salt and pepper, lemon juice and olive oil.

2. Mix the salad

Slice the tomatoes, thinly ring the onion and dice the cucumber. Mix together and season with lemon juice, olive oil and salt and pepper. Halve the olives and spoon them in.

3. Mix the herbs

Mix the herbs kept aside into the yogurt and season with lemon, salt and pepper.

4. Fry the Marine-style crispy fillet

Fry the Marine-style crispy fillet in oil according to instructions on the package until golden brown and crispy and serve with the bulgur, tomato salad, arugula and yogurt sauce

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