

MEDITERRANEAN OVEN BAKE CRISPY MARINE-STYLE FILET

INGREDIENTS

1 Pack of Garden Gourmet Marine-Style Crispy Filet

200g potato

1 medium-sized courgette

250g tomatoes (mix of colours)

1 red onion

6 black (calamata olives)

6 green olives

100ml vegan milk

1 small bunch of fresh oregano

1 tbsp extra virgin olive oil

salt and pepper

 2 SERVINGS

 30 MIN

 EASY

Seeking a taste of the Mediterranean? Here is a scrumptious option that features our Marine-style Crispy Filet.

PREPARATION

1. Preheat the oven

Preheat the oven to 200°C. Peel, and boil the potatoes for about 20 min until tender. Drain them and let them steam out for a while.

2. Boil the milk

Bring the milk to the boil and stir in the warm milk with a whisk, then stir briskly to make a fluffy puree. While whisking, add the olive oil. Season to taste with salt and pepper.

3. Prep the vegetables

Meanwhile, cut the courgette into pieces, the onion into wedges and halve the tomatoes. Divide together with the olives on a baking tray and mix in some olive oil and sprinkle with salt, pepper and coarsely chopped oregano

4. Bake the vegetables

Roast the vegetables in the oven for about 20 min, turning once.

5. Fry the filet

Fry the Marine-style crispy filet according to instructions on the packet, place on top of the vegetables, garnish with extra oregano and lemon. Serve with the mashed potatoes.

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