

## RECIPE

# Fillet of gilthead with tomato and melon salad



Preparation time: 25 minutes

## Ingredients

- 400g gilthead fillet with skin
- 1/2 red onion
- 100g watermelon
- 100g cherry tomatoes
- 1/2 red pepper
- 1 stalk each of basil and mint
- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 1 handful of rocket salad
- Coarse sea salt, pepper
- 4 thick slices of ciabatta
- 1 half clove of garlic, peeled

## Preparation

1. Cut the melon into 3x3cm cubes. Halve the cherry tomatoes, cut the red onion and chilli peppers into thin strips. Mix everything together in a bowl with honey, vinegar, olive oil and a pinch of salt. Finally, cut the basil and mint into strips and fold into the salad together with the rocket.
2. Brush the ciabatta slices with olive oil and toast them in a pan or on the grill until crisp. Then brush the garlic clove over the crispy slices and sprinkle with a pinch of sea salt.
3. Wash the gilthead fillets, dab dry and season the inside with salt and pepper. Put some olive oil in a coated pan (COLD) and place the fillets with the skin side down. Only now heat the pan on the highest setting and fry the fillets on the skin side. As soon as the skin is crispy, you can add a knob of butter or a few herbs such as rosemary or thyme to the pan. Finally, turn the fillets over for 10 seconds and serve immediately.

## Tips

Mix 50g feta with chopped mint and some lime juice and crumble over the salad.