



COOK WITH US!

# Sea bass with green bread, light vegetable mix and aromatic herbs

## INGREDIENTS

2 Seabass, 500 g each

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600 g Orogel Light Vegetable Mix

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100 g red ripe tomatoes

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6 slices of sandwich bread

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basil

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parsley

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sage

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rosemary

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garlic

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extra virgin olive oil

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2 orange calendula flowers

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salt

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pepper

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4



Medium



Main Courses

#### Method

- 1** Clean, fillet, wash the sea bass and put it in the refrigerator. Remove the crust from sandwich bread, cut it into pieces and blend it with basil and parsley.
- 2** Prepare a mixture with some sage, chopped garlic and rosemary, and oil in a casserole. Add the Light Vegetable Mix, diced red tomatoes, salt and pepper and heat for a few minutes.
- 3** Season the fillets with oil salt and pepper, sprinkle with the previously prepared green bread and bake in an oven at 200°C for 5 minutes.
- 4** Pour the hot accompaniment in the center of a plate then add the freshly baked fillets. Pour a drizzle of oil, a sprig of rosemary and a few marigold petals.

