

Livorno mullet *(Seafood main dishes)*



Preparation

Scale the mullet and remove the fins (not the tail), wash and dry well. Finely chop the garlic and parsley and brown them in a pan with 8 tablespoons of oil. Before the garlic takes on any brown colouring, add the tinned chopped tomatoes and salt and pepper to taste. Cook for 5 minutes, then add the mullet and cook for a further ten minutes without moving the pan. Serve warm.

Tips

Mullet should be cleaned, and above all de-scaled, very thoroughly: you should get your trusted fishmonger to do this because, being very delicate fish, they can easily fall apart.

Trivia

Mullet is not a widely available fish and it is therefore hard to find a good specimen at a low price.

Information

Preparation 30 minutes

Total Time 15 minutes

Serves X Serves 3 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Red mullet (8 fresh mullet of about 100/150g each)

Tomatoes 500 grams (ripe)

Garlic 2 cloves

Parsley

Extra virgin olive oil

Salt

Pepper