



Onion Pesto

MULLET STUFFED WITH POTATOES, ONION PESTO, SWEET TOMATO COULIS AND CRISPY NACHOS



2



20 MIN

Ingredients

- 4 mullets, filleted
- 200 g potatoes
- 2 tablespoons onion pesto (**Ristoris**)
- 200 g sweet red peeled tomatoes (**Ristoris**)
- 20 nachos (**Ristoris**)
- salt and pepper to taste



Procedure

- Sprinkle the mullet fillets with salt and pepper
- Stuff them with chopped potatoes flavoured with thyme, previously roasted in the oven
- Bake at 180 degrees for 10 minutes
- Blend the sweet red peeled tomatoes
- Spread the resulting coulis on a plate
- Place the cooked mullets on top of the tomato puree
- Complete with the onion pesto and coarsely chopped nachos.

Onion Pesto

SWORDFISH ROLLS WITH CAPERS, ONION PESTO, CITRUS PESTO,
RAISINS AND PINE NUTS



4



30 MIN

Ingredients

- 12 thin slices of swordfish
- 400 g breadcrumbs
- 50 g mignon capers with salt (**Ristoris**)
- 4 tablespoons onion pesto (**Ristoris**)
- 4 tablespoons citrus pesto (**Ristoris**)
- 1 tablespoon raisins
- 1 tablespoon pine nuts
- 1 orange
- 1 lemon
- 10 bay leaves
- salt and pepper to taste
- extra virgin olive oil to taste (**Ristoris**)

Procedure

- Combine the breadcrumbs with previously desalted capers, onion pesto, citrus pesto, raisins, and pine nuts
- Add salt and pepper to taste
- Mix the ingredients until it forms a moist dough
- Stuff the swordfish slices, forming rolls
- Cut the orange and lemon into thick slices
- Form skewers by alternating a lemon wedge, a bay leaf, a swordfish roll and an orange wedge
- Brush them with extra virgin olive oil and coat them in breadcrumbs
- Bake at 200 degrees for 15 minutes
- Serve

