

# Fried red mullet with oranges and capers

Cuisine: Other

Food category: Fish



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Company: Retigo



## Program steps

Preheating: 230 °C

1 Combination 20 % Termination by time 00:05 hh:mm 220 °C 100 %

## Ingredients - number of portions - 4

Name	Value	Unit
red mullet, scaled and gutted	4	pcs
salt	3	g
freshly ground black pepper, ground	1	g
semolina	1	g
olive oil	50	ml
capers	15	g
pine nuts	5	g
chili powder	1	g
parsley	1	g

## Nutrition and allergens

Allergens: 1

Minerals: Ca, CA, Fe, K, Mg

Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	11.1 kJ
Carbohydrate	0.5 g
Fat	0.7 g
Protein	0.5 g
Water	0 g

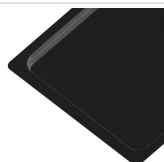
## Directions

Season the medium red mullet with the salt and some pepper, and dust with semolina.

Use the Retigo bake GN container, set the Retigo combi oven to a combi mode 20%, 220C for about 5 minutes until golden-brown. Transfer to a plate and keep warm.

Deglaze the pan with the orange zest and juice, then add the orange slices, capers, toasted pine nuts, chilli flakes and parsley to the pan and warm through. Pour over the fish and serve immediately.

## Recommended accessories



Vision Bake