



MULLET SPANISH STYLE

INGREDIENTS:

3 Mullet

1 Tbsp. of shortening

Oil

Green onions

Tomatoes, canned

Cooked rice of choice

(Rice portion depends
on amount of servings
needed)

PREPARATION:

Fillet 3 mullet and cut into 3-inch pieces and place in a kettle containing 1 table-
spoon of shortening. Add cut up green onions, tomatoes, salt and cooked rice.
Cook about 30 minutes.

Enjoy!

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