



MULLET WITH GREEN PEPPERS & ONIONS

INGREDIENTS:

4 to 6 skinned mullet fillets

Salt and pepper and or garlic salt

1 Cup each diced green peppers and onions

Oil or butter for frying

PREPARATION:

In frypan (electric skillet works well) brown fillets in butter or oil (do not flour). While fish are browning, sauté onions and peppers in butter or oil in separate pan. When fillets are brown, drain off excess fat, cover fish with cooked onion and pepper mixture and season to taste. Put lid on, reduce temperature and simmer for 20 minutes.

Enjoy!

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