



SMOKED MULLET AND VEGETABLES

INGREDIENTS:

1 or 2 smoked mullet
fillets, flaked and
deboned

Oil and butter

1 Tsp. dried thyme

1 Tsp. dried marjoram or
oregano

Salt and pepper

2 to 3 Cups sliced or
chopped vegetables
for stir-frying or

sautéing such as
zucchini, yellow
squash, mushrooms,
cabbage, green
peppers, onions,
broccoli, etc.

PREPARATION:

Heat oil or oil and butter mixture in large frying pan. Sauté or stir-fry vegetables, adding ones that take longest to cook first, until tender. Add flaked mullet, herbs and seasonings, mix well. Cover for a few minutes to finish cooking and to heat mullet. Make sure mixture is not sticking, stirring if necessary. Serve hot over rice.

Enjoy!

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