

WHOLE GURNARD

with cherry tomato in “acqua pazza”



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Serves 4

INGREDIENTS

— Available at Mediterranean Foods

- 1 medium to large fresh gurnard fish gutted
- 3 cloves of garlic
- ½ cup of chopped Italian parsley
- 12 fresh mussels
- 12 fresh cockles
- 12 small gourmet potato pre-cooked in salted water
- ½ glass of white wine
- 1 tin of cherry tomatoes
- 1 cup of vegetable or fish stock
- ½ cup of marinated mixed olives
- 1 tbs of capers

METHOD

1. In a wide pot gently fry the garlic and the parsley with ½ cup of extra virgin olive oil.
2. Add the whole fish sprinkled with salt — add the cockles, mussels and pour in the wine.
3. Cover with a lid and simmer for a couple of minutes. Add the cherry tomatoes, olives, capers and the stock.
4. Simmer for 12 minutes then add the potato and simmer for another 5 minutes.
5. Serve with a few toasted artisan style bread slices.

Buon Appetito!

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