



MORGENSTER

FOUNDED 1711



WINE AND OLIVE ESTATE

***BAKED FISH WITH OLIVE OIL, HERB AND
CITRUS DRESSING***

RECIPE 35/98

What you will need:

- 500g Kingklip or firm white fish
- 125ml **Morgenster Extra Virgin Olive Oil**
- zest from 1 lemon and 1 orange
- 60ml orange juice
- 60ml lemon juice
- 15ml chopped mint leaves
- 15ml chopped coriander
- salt and pepper
- 2 potatoes, washed, thinly sliced
- 2 tomatoes, sliced
- 1 red onion, halved and sliced

How to prepare:

Place the fish in a dish.

FLOS | **MORGENSTER**
OLEI | EXTRA VIRGIN OLIVE OIL
2014 | **AWARDED 98%**
| **1 OF 11 WORLDWIDE**

Combine oil, grated rind, orange and lemon juice, chopped herbs and seasoning in a jug and whisk well.

Pour half over the fish and marinate for 30 minutes.

Layer the potatoes, tomatoes and onion in an ovenproof dish.

Season with salt and pepper.

Bake in a preheated oven at 180°C for 15-20 minutes.

Remove and place the fish on top of the potatoes.

Pour over the remaining marinade.

Bake for 20 minutes, until fish is cooked through.

Recipe supplied by The Star, Angela Day.



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