

# MEDITERRANEAN OVEN BAKE CRISPY MARINE-STYLE FILET

## INGREDIENTS

1 Pack of Garden Gourmet Marine-Style Crispy Filet

200g potato

1 medium-sized courgette

250g tomatoes (mix of colours)

1 red onion

6 black (calamata olives)

6 green olives

100ml vegan milk

1 small bunch of fresh oregano

1 tbsp extra virgin olive oil

salt and pepper

 2 SERVINGS

 30 MIN

 EASY

Seeking a taste of the Mediterranean? Here is a scrumptious option that features our Marine-style Crispy Filet.

## PREPARATION

### 1. Preheat the oven

Preheat the oven to 200°C. Peel, and boil the potatoes for about 20 min until tender. Drain them and let them steam out for a while.

### 2. Boil the milk

Bring the milk to the boil and stir in the warm milk with a whisk, then stir briskly to make a fluffy puree. While whisking, add the olive oil. Season to taste with salt and pepper.

### 3. Prep the vegetables

Meanwhile, cut the courgette into pieces, the onion into wedges and halve the tomatoes. Divide together with the olives on a baking tray and mix in some olive oil and sprinkle with salt, pepper and coarsely chopped oregano

### 4. Bake the vegetables

Roast the vegetables in the oven for about 20 min, turning once.

### 5. Fry the filet

Fry the Marine-style crispy filet according to instructions on the packet, place on top of the vegetables, garnish with extra oregano and lemon. Serve with the mashed potatoes.

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