



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

Fillet Of Sea Bass With Spinach

Ispanaklı Levrek Flato



2 sea basses
17.6 ounces spinach
1 onion, small size
2 garlic cloves
1/3 cup olive oil
Salt, black pepper
1 tbsp flour
2 tbsp vegetable oil

Put the washed and chopped spinach, 2 tbsp vegetable oil, finely sliced onion and garlic in a small pot, and cover the lid and cook.

Clean the sea basses, cut into 2 pieces, sprinkle some flour and salt on it. Fry with 1/3 cup olive oil.

Put the drained spinach on the plate. Put the fried sea basses on it. You can garnish with sliced onion and parsley.

Note: Each sea bass is 2 portions.