

Eat me ...!

Siganus rivulatus (Forsskål & Niebuhr, 1775) Marbled spinefoot (rabbitfish)

Rabbitfisk with potatoes and seasonal vegetables





RECIPE









• 4 Medium sized Marbled spinefoots



- Gently clean and gut the fish.
- Sprinkle with salt, pepper and olive oil and let marinate 15 minutes before cooking.
- Heat olive oil in a pan and brown the fish for about 7 minutes on each side.
- Meanwhile, boil the potatoes and vegetables.
- Serve the fish with the chopped onions, the seasonal vegetables, the boiled potatoes and enjoy with a glass of raki.

A recipe from Mustafa Eriş TURKEY

- 2 onions
- Seasonal vegetables
- Potatoes
- Salt
- Pepper
- Olive oil



Source: wwf seafood guide

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ECOLOGY AND CONSERVATION

SCIENCE FOR SUSTAINABLE SEAS

