

## Eat me ...!

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

Rabbitfisk with potatoes and seasonal vegetables

















• 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

| Α | FONDATION     |  |
|---|---------------|--|
| 4 | PRINCE ALBERT |  |
|   | DE MONACO     |  |





## ECOLOGY AND CONSERVATION

SCIENCE FOR SUSTAINABLE SEAS

