

SAINT PETER'S FILLETS WITH VEGETABLES

Ingredients for 4 people

4 Saint Peter's fillets, about 600 grams	540
<i>olive oil as you prefer</i>	
<i>zucchini and artichokes cut straight</i>	150
<i>white wine</i>	80
<i>olive, cappers, 2 fillers of anchovy</i>	50
<i>salt and pepper as enough</i>	
<i>total calories (about)</i>	805

Preparation

Rinse and dry well the fillets.

Salt and pepper as you prefer before flouring them. Make the oil heat up mixing the anchovy.

Make the fillet brown till discreet gilding adding a little bit of white wine, add the vegetables (they have to be slightly underdone), olives, cappers and then end the cooking.

Serve them hot, garnishing with the vegetables

A cool white wine (I always link together a Roero Arneis) is good as accompanying.