

Trout or Salmon Provençal

For 4

4 fish filets
1 lb of tomatoes
1 red bell pepper
4 oz of pitted black olives
Olive oil
Salt, pepper



Peel, seed and dice the tomatoes.

Sauté them with the bell peppers cut in strips with olive oil, salt and pepper.

Put aside and keep warm.

Cook the fish in olive oil, 5 minutes each side.

Remove the skin of the fish after cooking.

Pour sauce onto each plate and in the center place the fish.
Decorate with the pepper strips and olives.