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# Roast red mullet fillet with Charlotte potatoes, fennel, olives and capers

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Preparation time  
**less than 30 mins**

Cooking time  
**10 to 30 mins**

Serves  
**Serves 4**

## Ingredients

12 Charlotte potatoes, peeled  
1 large fennel bulb  
2 tbsp extra virgin olive oil, plus extra for drizzling  
2 whole red mullets, scaled and filleted  
2 heaped tbsp pitted black olives, preferably taggiasca  
1 tbsp capers in vinegar, drained  
2 tbsp chopped parsley  
200g/7oz datterini or cherry tomatoes, cut in half  
squeeze lemon juice  
sea salt and freshly ground black pepper  
extra virgin olive oil, to serve

This is a great way to cook red mullet because the fat from the fish melts into the potatoes and makes them taste delicious, as well as giving them a lovely colour and crisp texture.

**By** Theo Randall  
**From** Saturday Kitchen

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## Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Cook the potatoes in a pan of boiling salted water for about 10 minutes until just tender. Drain and set aside until cool enough to handle. Cut into 5mm slices.

- 2.** While the potatoes are cooking, cut the fennel bulb vertically in half, then cut each half into 1cm half-moon slices. Cook the fennel in another pan of boiling salted water for about 5 minutes until tender, then drain.
- 3.** Heat the olive oil in a large ovenproof frying pan and fry the potato slices until they start to colour. Add the fennel and fry for a minute longer.
- 4.** Season the mullet fillets with salt and pepper, then place skin-side up on top of the potatoes and fennel. Scatter the olives, capers, parsley and tomatoes over the fish. Transfer the pan to the oven and roast for 5 minutes.
- 5.** Remove from the oven and finish with a squeeze of lemon and drizzle of extra virgin olive oil. Serve immediately.