

# Salted Yellowtail, chopped chilli and olive bruschetta



This WWF-SASSI recipe is courtesy of our Trailblazer Chef, [Bjorn Guido](#), executive chef of the [Millhouse Kitchen](#) at Lourensford..

## Ingredients for salad

- 250gm yellow tail
- 1 clove of garlic
- Chillies and olives
- 1 L milk
- 1 x sprig of thyme
- Salt to taste

Can be served in salads or on bruschetta.



## Method

Poach fish in the milk, with salt, thyme and the clove of garlic, allow to soften and fall apart. Remove flesh from skin and flack with two forks and allow to cool. Once cooled, add 100gm mash and seasoning with a whisk.

Finely chop the chillies and the olives, and sprinkle over the fish with chef-like flair! And voila! Enjoy your delicious sustainable seafood



**You have a choice. Make it green.**

For more sustainable seafood recipes and green-listed seafood alternatives, visit [sassi.org.za](http://sassi.org.za)