



Hake and King Prawn skewer (Brochette)

Ingredients:

Hake

200 gr.

Peeled King prawn

100 gr.

Onion

1 unit

Red pepper

½ unit

Green pepper

½ unit

Yellow pepper

½ unit

Skewer sticks

8 units

Lemon Juice

to taste

Procedure:

Cut the sticks to fit the Brocheff size.

Cut the onion in 2 cm. squares.
Cut the Peppers in 2 cm. squares.
Cut the hake in 2 cm. squares and sprinkle them with lemon juice together with the peeled king prawns.
Assemble the brochette alternating onion-kingprawn (half folded)-pepper-onion-hake-pepper. If the hake is too thin put 2 together. Microwave for 2 ½ minutes on high.

