



Hake with vegetables from the garden Suitable for Celiac

Ingredients

Zucchini

¼ de unit

Eggplant

¼ de unit

Onion

¼ de unit

Pepper

¼ de unit

Hake Fillet

250 gr.

Salt and pepper

to taste

Corncob

1 unit

Chopped Parsley

1 teaspoon

Preparation

Cut all the vegetables into thin matchlike sticks and put them in one of the

MultiCocción cavities. Cut the fillet into 2cm stripes, and place them over the vegetables, then add salt and pepper. Put the corncob in the other cavity. Put the lid and microwave for 4 minutes on high. Sprinkle chopped parsley over the fish.

