



Vegetables and hake mix Suitable for celiacs

Ingredients:

Onion

1 u.

Red pepper

½ u.

Scallion

1 u.

Leek

1 u.

Hake fillet

2 u.

Salt and pepper

to taste

Fish condiment

to taste

Preparation

Pour water in the steamer's base up to ½ centimeter high. Place the steamer rack. Cut the onion into julienne-cut; the red pepper, the scallion and the leek into strips. Cut the hake into small pieces, season them with salt and pepper and fish condiment. Place the ingredients over the steamer rack. Close the steamer and microwave for 5 minutes on high. Let it rest for 3 minutes before taking it out from the microwave oven.

Use gluten free ingredients.

