

HAKE FILLET AND PRAWNS WITH VEGS AND ARTICHOKE



INGREDIENTS FOR 4 PORTIONS

- 4 120g hake fillet
- 12 prawn tails
- 4 Whole Sautéed Artichokes With Stems
- 400g mixed vegetables (aubergines, peppper, courgettes)
- q.s. Extra-Virgin Olive Oil
- q.s. Crema Di Aceto Saffron
- q.s. Flowers and Herbs Mix
- q.s. Sea Salt Flakes
- q.s. Black Pepper, Ground

METHOD

- In a pan cook the vegs cubes with oil starting form pepper, then aubergine, courgettes and at last the chopped artichokes.
- In a steamer cook the hake fillets and when ready compose the plate.
- At the bottom put the saffron cream, add the vegs then the fillets and artichokes.
- Garnish with oil and flower mix, serve hot.

PRODUCTS IN THIS RECIPE



**Whole Sautéed
Artichokes With Stems**



Extra-Virgin Olive Oil



**Crema Di Aceto
Saffron**



Flowers and Herbs Mix



Sea Salt Flakes



Black Pepper, Ground