

# HAKE FILLET AND PRAWNS WITH VEGS AND ARTICHOKES



## 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**