



Brótola (White hake) fillet with multicolor vegetables Suitable for celiacs

Ingredients:

Pumpkin

¼ u.

Beetroot

1 u.

Zucchini

1 u.

Brótola fillet

1 u.

Salt and pepper

to taste

Thyme

to taste

Preparation

Pour water in the steamer's base up to ½ centimeter high. Place the steamer rack.

Peel the pumpkin and cut it into 1-cm. cubes.

Wash the zucchini and cut it into 2-cm cubes.

Peel the beetroot and cut it into 1-cm. cubes.

Season both sides of the fillet with salt, pepper and thyme; fold it in the middle

Put all the ingredients over the steamer rack , close the steamer and microwave for 4 minutes on high. Let it rest for 3 minutes before opening it.

Use gluten free ingredients.

