



Cockles in green sauce

Ingredients (serves 1)

150-180 g fresh cockles

50 g frozen peas

50 g broccoli

1 garlic clove

1 tsp flour

Chopped parsley

60 ml fish stock

1 tbsp virgin olive oil

Pepper

Salt (restrict in case of hypertension or fluid retention)

Method

1. Wash the broccoli and remove the stalks.
2. Chop the garlic clove and sauté in a frying pan with a few drops of olive oil.
3. Once cooked, turn down the heat and add the flour and stir for some minutes.
4. Add the stock, broccoli, and peas and cook for about five to six more minutes.
5. Add the cockles, cover, and cook for some more minutes until cooked, when ready they will pop open.
6. Add chopped parsley and season with salt and pepper to taste.
7. Serve.