



Fish, potato and vegetable 'healthy eating plate' cooked in the microwave

Ingredients (serves 1)

- 1 medium potato
- 1 small tomato
- 1/2 green pepper
- 80 g courgette (1/2 piece)
- 30 g onion (1/4 piece)
- 1 hake fillet (125 g)
- Water, vegetable, or fish stock
- Extra virgin olive oil
- Toasted pine nuts
- Parsley
- Paprika

Method

1. Wash the vegetables, peel and cut the potato and the rest of vegetables into thin slices.
2. Place the potato slices on the bottom of a plate suitable for microwave cooking.
3. Place the courgette, tomato, onion, and green pepper on top.
4. Add two tablespoons of water and two tablespoons of olive oil. Cover the container and cook in the microwave for six minutes at maximum power. Check the potato is fully cooked by piercing it with a knife.
5. Add the fish, cover, and cook again for one more minute. Remove from the microwave, and let it rest covered for another minute.
6. Garnish with the pine nuts, parsley, paprika and a drizzle of oil on top. Serve.