

Microwave codfish omelette



Ingredients (serves 1)

- 1 egg
- 40 g of desalted codfish without skin
- 40 g onion
- 1 tbsp of extra virgin olive oil
- 1 tsp chopped fresh parsley (optional)^a

Method

1. Peel and chop the onion.
2. Sauté it slowly in a frying pan with some olive oil over low heat until it turns golden brown.
3. Chop the codfish and cook in the microwave for about one or two minutes, covered. Drain well.
4. Beat the egg and mix it with the cod, the olive oil, the onion and the parsley.
5. Pour the mixture into a microwaveable container. Cover and cook for one minute at maximum power.
6. Serve.

Recommendations

You can also use commercially poached onion.