



Steamed hake, with potato and courgette 'healthy eating plate' cooked in the microwave

Ingredients (serves 1)

- 70 g potato
- 80 g courgette
- 40 g onion
- 80 g carrot
- 1 hake fillet (125 g)
- 2 tbs water, vegetable or fish stock
- 2 tbs extra virgin olive oil
- Salt (restrict in case of hypertension and/or fluid retention)

Method

1. Wash the vegetables. Peel the courgette and remove the seeds.
2. Peel and cut the potato and the rest of vegetables into thin slices.
3. Place the potato slices on the bottom of a plate or container suitable for microwave cooking.
4. Place the vegetables on top.
5. Add the water or stock and olive oil. Cover the container and cook in the microwave for six to eight minutes at maximum power.
6. Check the potato is fully cooked by piercing it with a knife. Add salt to taste.
7. Add the fish. Cover and cook for one more minute. Remove from the microwave and let it rest covered for another minute.
8. Garnish with a drizzle of olive oil on top and serve.