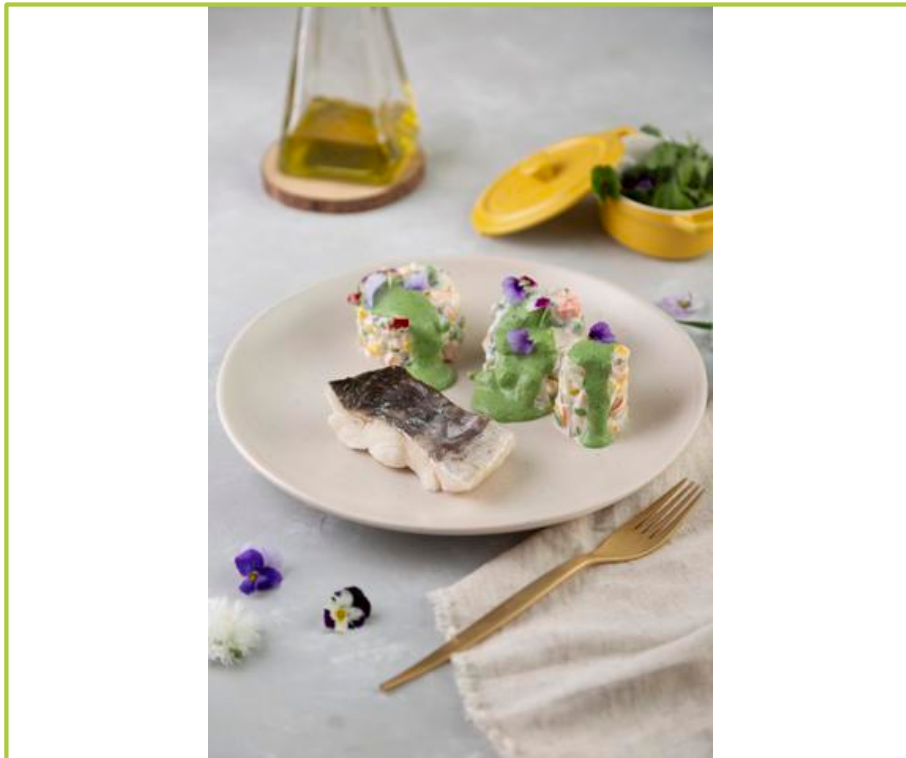


HAKE WITH GARLIC WITH SALAD SC400



Category: Fish and meat
main courses

Created: on 2022-01-25
Qualified by: Supercook CL
Suggested by: Kitchen
Center Chile
Total preparation time:
32:30 Minutes

Suitable for machine:
- Supercook SC350
- Supercook SC400

INGREDIENTS

500 gram	frozen mixed vegetables
500 gram	potatoes peeled and cut into cubes of 2 cm (approx)
1	egg
20 milliliter	lemon juice
1 measuring cup	parsley
1 teaspoon	mustard
1/2 teaspoon	sugar
1/2 teaspoon	salt
150-200 milliliter	cooking oil
50 milliliter	olive oil
3 clove	garlic
1 measuring cup	coriander
4-6 piece	hake
	salt and pepper to taste
	water, hot

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).

TOOLS



Spatula



Vapore



Steaming basket



Measuring cup (MC)