



“Quasi-Christmas” codfish



Categoria

Receitas de Natal



Tempo de preparação

Rápido



Dificuldade

Fácil



Custo

Select



Com quem?

Meal for two



Nº de pessoas

2 pessoas

Ingredientes

 250ml Gallo First Crop
2019-2020

- 4 codfish loins (desalted)
- 250g carrots
- 250g turnip greens
- 300g chickpeas (already cooked)
- 50g onions
- Salt to taste
- Parsley to taste

Modo de preparação

1

Wash and prepare the turnip greens, peel the carrots and boil them.

2

Cut the codfish fillets in half, removing the central bone, place them in a baking tray and cook in the oven at 180º for 15 minutes.

3

Mash the chickpeas until you they have a puree consistency, chop the onions and braise them in extra virgin olive oil. Add the puree and let it cook, finishing with chopped parsley.

4

Then cut the turnip greens in strips and the carrots in slices.

5

Serve the codfish in a bed of puree and sauté vegetables.

Produtos utilizados



First Crop 2019-2020

Extra Virgin Premium Olive Oil



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