



Roasted codfish fillets with sauteed spinach and roasted potatoes



Categoria
Peixe



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Intermediate



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



2dl Gallo First Crop
2019-2020

- 600g previously soaked codfish fillets
- 400g spinach leaves
- 400g fingerling potatoes
- 2 eggs
- Chopped parsley, to taste
- Garlic cloves, to taste
- Bay leaves, to taste

Modo de preparação

1

Put the codfish in a baking dish, drizzled with Gallo Extra Virgin Olive Oil First Crop 2018-2019, garlic, bay leaf and the potatoes (previously washed).

2

Cook in the oven at 160º for approximately 35/40 minutes.

3

Boil the eggs, peel them and chop them coarsely.

4

Remove the baking dish from the oven, flake the codfish, removing the skin and fish bones and press the potatoes to slightly mash them.

5

Use a little of the Gallo Extra Virgin Olive Oil First Crop 2018-2019 from the baking dish to sauté the spinach.

6

Prepare the serving dish, with the potatoes on the bottom, followed by the spinach and the codfish flakes on top.

7

Sprinkle with the egg and chopped parsley.

8

Serve with the Gallo Extra Virgin Olive Oil First Crop 2018-2019 from the baking dish.

Produtos utilizados



First Crop 2019-2020

Extra Virgin Premium Olive Oil



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