



X112

Cape hake with potatoes



MIN

5'

COOKING TIME



1,32Kg e

Ingredients

Cape hake 34%, grilled potatoes 58%, extra virgin olive oil, lemon juice, parsley, salt, pepper.

Average nutritional values per 100 g

Energy kj 479 – Energy kcal 114 – Fats g 3,3 of which saturated fats g 0,5 – Carbohydrates g 13,0 of which sugars g 0,3 – Fibres g 1,30 – Proteins g 7,4 – Salt g 0,56

Preparation

Microwave oven (750w): **5 min** in a closed package and still frozen.

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