



Fresh codfish papelote with coriander sauce



Categoria

Receitas de Páscoa



Tempo de preparação

Médio



Dificuldade

Fácil



Custo

Intermediate



Com quem?

With family



Nº de pessoas

4 pessoas

Ingredientes



150ml Victor Guedes Extra
Virgin Olive Oil Reserve

- 600g fresh codfish fillets
- 100g red pepper
- 100g green pepper
- 100g red onion
- 50g carrots
- 30g walnuts
- 5g coriander
- Salt and pepper to taste

1

Pre-heat the oven at 180°C, while you cut the vegetables in thin slices.

2

Over a piece of baking paper (as a big rectangle), place the vegetables and then the codfish fillets in the centre.

3

Season with salt and pepper and drizzle with olive oil.

4

Bind the baking paper's edges together to create a bag and then close them, by rolling in one of the sides. Put in the oven for 25 minutes.

5

In a blender, put 100 ml of olive oil, the walnuts and the coriander. Crush everything and season with salt and pepper.

6

Serve the open papelote with the coriander sauce on top.

Produtos utilizados



Reserve
Extra Virgin Olive Oil



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