

HAKE AND VEGETABLES JULIENNE PARCELS



Preparation : 30 min - **Resting :** - - **Cooking :** 25 min - **Equipment :** -

Ingredients : 6

- 6 hake fillets - 5 carrots - 3 red peppers - 1 lemon - 3 courgettes - 5 turnips - 150 ml of white wine - 6 Sprigs of dill

1. Wash the vegetables. Peel the courgettes, carrots and turnips.
2. Grate the courgettes, carrots and turnips separately in the midi bowl fitted with the julienne disc or, failing that, the 4-mm grater disc, stacking them horizontally in the feed tube.
3. Replace the julienne/grater disc with the 2-mm slicing disc. Slice the peppers and lemon. Set the lemon aside.
4. Fry the vegetables with a dash of olive oil for 5 minutes. Season.
5. Take a separate sheet of baking parchment for each fillet. Place a small mound of vegetables in the middle of each one and lay the fish on top. Sprinkle with a little white wine. Add a sprig of dill and a slice of lemon.
6. Season.
7. Wrap the parchment up like a boiled sweet, securing the ends with string.
8. Bake in a preheated oven at 180 °C (gas mark 4) for 20-25 minutes. The precise time will vary, depending on the thickness of the fillets and the vegetables.

9. Open the parcels just before serving.

Chef's tip :

you can use other types of fish, such as salmon and perch

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