



COD

MILHOJA

PREPARATION

Pour olive oil in a pot and heat at around 80°C, add the cod and garlic 20 minutes to cook gently. Cut the potato into 3 mm thick slices and add to the pan. Roast the peppers over the fire on the side of the skin and place it in the pot with the cod and garlic. Add the onions - cut them in half and remove the first three layers, place in the pot with oil. Cook the green peas in water until they soften. Then crush until mashed.

After 20 minutes cooking, remove any excess oil, crumble the cod and present the plate armed in layers with all the vegetables, garnish with caviar, asparagus and cherry tomatoes.

INGREDIENTS

2 cloves of garlic
150gr of Cod Loin
½ Red pepper
½ Green pepper
½ Yellow pepper
1 medium potato
Black olives
Red onion
White onion
100 gr of green peas
½ litre of olive oil
Cherry Tomatoes
2 rods of asparagus
Spoonful of caviar to garnish
Salt and pepper, to taste