



Hake fillets with lemon and tomato

Ingredients

1 package of Cherry Tomatoes CIRIO 500 grams of hake fillets flour basil parsley garlic ½ lemon 1 glass of white wine Extra virgin olive oil

Preparation

1. Flour the fish fillets
2. Peel the garlic and put it in a pan with olive oil, basil, parsley and Cherry Tomatoes CIRIO for about
3. Add a slice of lemon in pan
4. Add the fish and white wine
5. Let it cook in the pan (cover the pan with aluminum foil) for about 7 minutes
6. Add pepper and salt

