

Hake and Eggs with Spinach



INGREDIENTS FOR 4 PEOPLE:

- 700 g of hake steaks
- 3 eggs
- 1 package of potato sticks
- 1 package of spinach
- 2 onions
- 2 cloves garlic
- 5 cl of olive oil
- 500 ml of Bechamel **PARMALAT**

PREPARATION:

Preheat oven to 180 ° C. Saute onions in oil and garlic previously cut into slices. Mix the sauce with spinach and minced fish. Let cook a little and then let it cool. Beat the eggs and mix with potatoes and Bechamel **PARMALAT**. Mix with hake and place in a bowl. Decorate to taste and put in the oven to brown.

WITH PARMALAT QUALITY