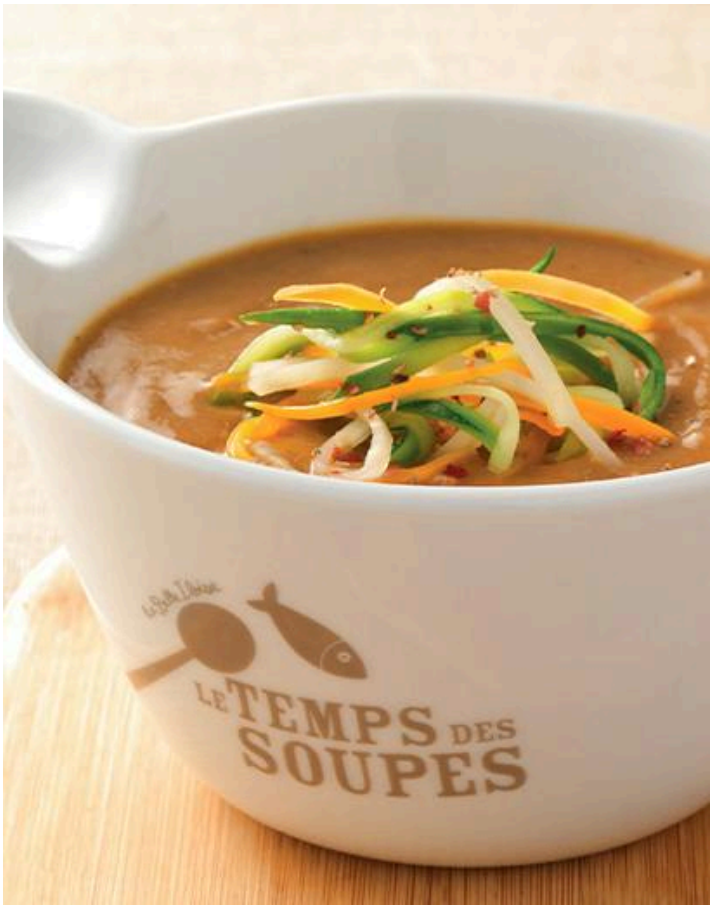
Cotriade fish stew with baby vegetables





2 people | 5 min preparation time | 5-10 min cooking time

All ingredients

1 tin 1/2 (400 g) la belle-iloise cotriade fish stew
50 g mixed julienne of vegetables (carrots, courgettes, celery)
1 dash of olive oil

Steps

1- Cook the julienne of vegetables a few minutes in a frying pan or in a wok with a dash of olive oil
2- At the same time, warm the cotriade, without boiling it, stirring gently
3- Serve the al dente julienne of vegetables on top of the cotriade