

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