**Heck in green garlic sauce**

*Green sauce — is a combination of olive oil, garlic and parsley, — a base for dishes of seafood in Spanish cuisine. It is often used with squid and shrimps. Additional ingredients — lemon juice, white dry wine and flour — add to taste, as seafood may be changed on heck. Fish is very popular in Spaine.*

**Ingredients:**

Time: 30 minutes

  2 portions

Heck = 4 pieces

Garlic = 3 gloves

Parsley chopped = 3 tablespoons

Bay leaf, fresh = 1 leaf

Olive oil extra virgin = 4 tablespoons

**Instructions:**

1. **1. Peel** garlic gloves and chop well. Cut parsley leaves well — it should to be tree full tablespoons of green of a half of medium bunch.
2. **2.** Heat four tablespoons of olive oil with medium heat on a pan. As the butter become warm, add garlic, and all parsley in a few minutes.
3. **3.** Dry heck steaks with paper towels, add some salt and put on a pan, so they do not touch each other. Add a bay leaf on the pan.
4. **4.** Fry fish for ten-twenty minutes, then turn over it carefully with thin and flate blade, holding the pieces with hands, and fry on the other side for the same time.
5. **5.** Put cooked steaks on plates, pour with green garlic sauce and just serve with young boiled potatoes.

*The temperature of the oil in a pan must be such, so garlic and parsley will be fly for enough long, and won`t burn, but still not strew. Heck will be mild and taste.*