



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
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Seafood A La Wando

50 ml or 4 tbsp [Grass-fed Butter](#)

30ml or 3 tbsp [Organic Olive Oil](#)

500g or 1 lb. 13-15 Wild Caught Shrimp

500g or 1 lb. Flaky Fish Filet

250g or ½ lb. Bay Scallops

750ml or 3 cup [Water](#) ☺

5ml or 1 tsp. [Better than Boullian Chicken Base](#)

12 pistils [Saffron](#)

2 stalks scallions

2 medium Organic Zucchini

8 Organic Cremini mushrooms

1 Shallot

50ml or ¼ cup Manouri Cheese

5 ml or 1 tsp. [Celtic Sea Salt \(to taste\)](#)

Pinch of [Organic Black Pepper](#)

3 tbsp. [Bob's Red Mill 1to1 Gluten Free Flour](#)

preparation instruction, watch the video on YouTube:

[Seafood A La Wando](#)

[Youtube.com/AwareHouseChef](https://www.youtube.com/AwareHouseChef)

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