

# Slice of bread with pisto manchego (Spanish ratatouille) and quail egg from Castilla la Mancha

COOKING  
LOVERS TEVA



## Consejo del chef

Add pink salt, ground pepper, and thyme all over.

## Raciones para

1 Onion  
4 Cloves of garlic  
1 Courgette  
2 Green peppers  
300 Tomato purée  
Salt  
Extra virgin olive oil  
Seeded bread  
Quail eggs

- 1 Chopped onion, garlic, courgette, and the peppers.
- 2 Put a dash of oil in a skillet or a saucepan and cook the garlic and onion when hot. Lower the heat and fry for a few minutes.
- 3 Stir in the peppers and courgette, followed by the tomato.
- 4 Add salt to taste and cook over low heat for 30 to 40 minutes.
- 5 Cut the bread into thick slices, spread the pisto, and put the quail egg, previously cooked on a griddle, on top.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/tosta-de-pisto-manchego-con-huevo-de-codorniz-de-castilla-la-mancha/>

