

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

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