

Habitas Fritas with Jamón Ibérico and Fried Egg



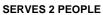
















Ingredients

300g habitas fritas in olive oil 1 garlic clove, peeled and thinly sliced 50g sliced jamon ibérico de bellota 2 large eggs 6 tbsp of olive oil Sea salt to taste

Method

Drain the oil from the habitas and keep two tablespoons that you can heat in a medium size frying pan. Add the garlic slices and gently fry until golden brown. Add the habitas and fried gently for 3 minutes to warm up, season with salt.

In a small non-stick frying pan, heat the olive oil until smoky and fry the eggs on a moderate heat to ensure the egg white becomes crispy and golden brown with a runny egg yolk. Drain on to some kitchen paper and set aside.

To serve, spoon the habitas fritas on a bowl or plate, lay the thin slices of jamón Ibérico and top with the fried egg. Season the egg yolk with sea salt and serve.

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