BASCO
GOURMET SPAIN TO YOUR DOOR

Pisto Manchego



PREP TIME
5 MINS

COOK TIME
30 MINS

TOTAL TIME
35 MINS

SERVES 4 PEOPLE

EASY

Ingredients

4 tbsp of olive oil
1 large onion, finely chopped
1 garlic clove, peeled and finely chopped
2 sprigs of fresh oregano picked and finely chopped
1 courgette, diced into small cubes
1 green pepper, diced into small cubes
1 red pepper, diced into small cubes
500g beef tomatoes, chopped roughly
4 large free-range eggs
Manchego cheese to grate
Salt and a pinch of sugar to taste

Method

Pre-heat your oven at 200?C/400?F/Gas Mark 6.

In a large oven-proof frying pan, heat the oil and add the chopped garlic, onions and peppers and cook on a gentle heat for 5 minutes. Add the chopped courgettes and cook for a further 5 minutes.

Add the chopped tomatoes, oregano and a splash of water, season with salt and a pinch of sugar and cook on a gentle heat for 10 minutes, making sure you stir the mix regularly.

Remove the pan from the heat and with the help of a spoon make 4 holes is the sauce. Crack one egg into each hole and place the pan in the oven.

Bake for 8 to 12 minutes, depending on how you like your egg cooked. Serve with some grated manchego cheese and some toasted sourdough bread.

https://www.bascofinefoods.com/spanish-recipes/pisto-manchego/