

# Pisto manchego

Savor the taste of tradition with Pisto Manchego! This simple yet delicious dish, packed with regional vegetables, brings the flavors of La Mancha straight to your table. Serve with a fried egg and EVOO from Spain for an extra touch of luxury.

This delicacy, primarily composed of tomatoes, peppers, onions, and zucchinis, slow-cooked to create a blend of flavors and textures that delight the senses, finds its true splendor thanks to extra virgin olive oil, an essential ingredient that gives it its distinctive character and Mediterranean touch.

Olive oil not only imparts an incomparable flavor to pisto but also enhances its nutritional and healthful qualities. This liquid gold has been cherished for centuries for its exceptional quality and versatility in the kitchen. Olive Oils from Spain, in particular, is distinguished by its smooth, fruity flavor, perfectly balanced to enhance the fresh, natural ingredients of pisto Manchego.

The combination of fresh ingredients and high-quality olive oil makes pisto Manchego an unparalleled culinary experience. Olive oil, with its richness of nuances and intoxicating aroma, blends with the vibrant flavors of pisto, creating a symphony of flavors in every bite. Furthermore, its presence in this dish not only highlights its flavor but also reflects the culture and gastronomic heritage of Spain, where olive oil has been a fundamental pillar in Mediterranean cuisine since time immemorial.

In summary, pisto Manchego, elevated by the unmistakable flavor and quality of Olive Oils from Spain, is much more than a traditional dish; it is a tribute to culinary excellence and the gastronomic heritage of Spain. With every spoonful of this comforting delicacy, one can taste the passion and care with which it has been crafted, reminding us of the importance of olive oil and its central role in Spanish cuisine.

## Ingredients

- 2 tbsp **extra virgin olive oil from Spain.**
- 1 onion.
- 2 cloves garlic.
- 1 green bell pepper.
- 1 red bell pepper.
- 2 zucchinis.
- 400g of natural tomato.
- 1 tsp Salt.
- 1 tsp black pepper.

## Step by step

1. Thinly chop and peel your vegetables.
2. Heat up **EVOO** in a pan on medium.
3. Cook and stir onions and garlic for 10 minutes.
4. Add in the bell peppers, salt, and pepper, cook and stir for 15 minutes.
5. Add in zucchini and tomato, cover and cook for 40 minutes.
6. Then cook 10 more minutes uncovered.
7. Add more **EVOO** to a pan, and fry an egg.
8. Serve and enjoy!

