



HEALTH SCORE

52%

Braised summer vegetable pisto with emerald sauce & fried egg



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings olive oil for frying
- ☐ 4 eggs
- ☐ 4 slices sourdough bread toasted
- ☐ 4 tbsp olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 2 garlic cloves chopped
- ☐ 2 pasilla peppers diced green

- ☐ 3 pasilla peppers diced red
- ☐ 4 tomatoes very ripe chopped
- ☐ 1 bay leaf
- ☐ 4 medium courgettes diced
- ☐ 1 bunch flat-leaf parsley leaves picked
- ☐ 30 large garlic cloves peeled (2 heads)
- ☐ 250 ml vegetable stock

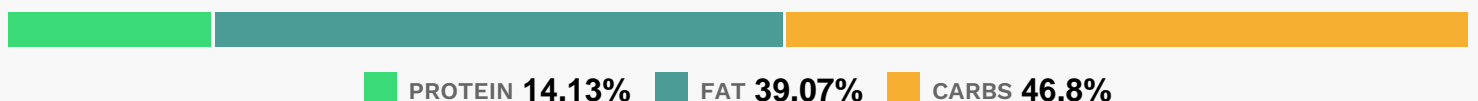
Equipment

- ☐ frying pan

Directions

- ☐ For the pisto, heat the oil in a deep frying pan and add the onion. Fry for a few mins, add garlic, then cook for a few mins more.
- ☐ Add the peppers and cook over a medium heat for 5 mins. Now add the tomatoes, the bay and courgettes and cook for about 30 mins, seasoning well.
- ☐ Meanwhile, make the sauce. Drop the parsley in a pan of boiling water and cook for 1 min.
- ☐ Drain and immediately run under a cold tap, then shake off excess water.
- ☐ Put the garlic in a pan of cold water, bring to the boil, then drain and repeat with a fresh batch of water (this gets rid of the garlics strength).
- ☐ Add stock and simmer until the garlic is soft and the liquid syrupy. Pure with the parsley until smooth. Season.
- ☐ For the eggs, add a glug of olive oil to a pan. When smoking hot, crack in the eggs they will splutter but go deliciously crisp at the edges.
- ☐ Serve the pisto on toast, topped with egg, drizzled in the sauce.

Nutrition Facts



Properties

Glycemic Index:84.88, Glycemic Load:32.08, Inflammation Score:-10, Nutrition Score:42.839999924535%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 531.15kcal (26.56%), Fat: 24.04g (36.98%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 64.78g (21.59%), Net Carbohydrates: 55.61g (20.22%), Sugar: 18.49g (20.54%), Cholesterol: 163.68mg (54.56%), Sodium: 736.77mg (32.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Vitamin C: 242.5mg (293.94%), Vitamin K: 271.83µg (258.89%), Vitamin A: 6005.67IU (120.11%), Manganese: 1.47mg (73.45%), Vitamin B6: 1.3mg (64.9%), Folate: 239.54µg (59.89%), Selenium: 35.85µg (51.22%), Vitamin B1: 0.76mg (50.72%), Vitamin B2: 0.82mg (48.38%), Potassium: 1446.75mg (41.34%), Vitamin E: 5.68mg (37.85%), Fiber: 9.18g (36.71%), Iron: 6.37mg (35.39%), Phosphorus: 346.41mg (34.64%), Vitamin B3: 6.28mg (31.39%), Magnesium: 107.14mg (26.78%), Copper: 0.46mg (23.18%), Vitamin B5: 1.97mg (19.73%), Zinc: 2.85mg (18.99%), Calcium: 183.58mg (18.36%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)