SPANISH · SIDE

Asadillo: Spanish Peppers and Tomato with Eggs

Asadillo manchego

30 min | Serves 4 | 212 kcal a serve | Video 6:55 · Spain on a Fork

Vegetarian | Paleo | Gluten-free ingredients | No dairy listed | No nuts listed

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Under 8 g net carbs a serve, very rich in vitamin C and rich in vitamin E: red peppers slow-cooked in olive oil with garlic, cumin and fresh tomato, topped with hard-boiled egg, with no sugar added. Paleo as written; over the DASH side limits for salt and saturated fat.

Diet notes: Keto (7.7 g net carbs a serve).

Ingredients 8 · SERVES 4

- [ ] 2 **eggs**, hard-boiled and halved
- [ ] ¼ cup extra **virgin olive oil**
- [ ] 4 **red bell peppers**, cut into thin strips
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] 4 **tomatoes**, finely grated (about 1 cup)
- [ ] ½ tsp **ground cumin**
- [ ] **Salt**: a pinch of sea salt and black pepper, to taste
- [ ] **fresh parsley**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the eggs in a saucepan, cover them with water by about ½ inch (½ in) and heat on high. 1:36
2. Meanwhile cut the peppers into thin strips, thinly slice the garlic and finely grate the tomatoes. 1:50
3. When the water boils, cover the pan, take it off the heat and leave the eggs 10–11 minutes, then cool and peel them. 2:26
4. Heat the olive oil in a large frying pan over medium heat for a couple of minutes, add the peppers and garlic and cook 8–10 minutes, stirring every minute or so, until tender. 2:48
5. Stir in the cumin, then the grated tomato, season, and simmer without stirring 5–10 minutes, until slightly thick. No sugar needed: the peppers balance the tomato. 3:25
6. Spoon into a serving dish, top with the halved eggs and garnish with parsley. 4:43

Tip Half a cup of passata can stand in for the grated tomatoes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
212 kcal	**5.2** g	**11** g	**3.4** g	**17** g	**430** mg
890 kJ	10% of a day	7.7 g net · 7 g sugars	12% of a day	2.7 g saturated	19% of a day
		4% of a day		21% of a day	

Energy from net carbs 15% · protein 10% · fat 75% — fits keto: 7.7 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Vitamin C 182% · Vitamin E 30% · Vitamin K 29% · Vitamin A 28% · Vitamin B6 27%

Source of (10–19%) Folate 19% · Selenium 15% · Vitamin B12 11% · Potassium 10% · Omega-3 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=Wm2nJ78Rzks. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/asadillo-manchego