SPANISH · SIDE

Pisto Manchego (Spanish Ratatouille)

Pisto manchego

50 min · Serves 4 · 187 kcal a serve · Video 7:23 · Spain on a Fork

Vegan · Gluten-free ingredients · No nuts listed

11 g net carbs and under 190 kcal a serve: onion, peppers, zucchini and grated tomato slowly poached in olive oil, with only a dash of sugar for four. For DASH, keep the salt to a pinch a serve.

Diet notes: Low saturated fat (1.9 g, 9% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 10 · SERVES 4

- [ ] 60 ml extra **virgin olive oil**
- [ ] 1 large **onion**, roughly chopped
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] 1 **green bell pepper**, roughly chopped
- [ ] 1 **red bell pepper**, roughly chopped
- [ ] 1 **zucchini**, cut into medium cubes
- [ ] **tomatoes**, finely grated to give 340 g pulp (about 4–6)
- [ ] 1 **bay leaf**
- [ ] **Salt**: a pinch of sea salt (to taste) and black pepper
- [ ] a dash of **granulated sugar**

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

Allergens found in the listed ingredients: none. 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. Warm 60 ml olive oil in a large, deep frying pan over medium-low heat for about 5 minutes. Keep the heat gentle throughout: the vegetables poach in the oil rather than fry. 1:07
2. Add the chopped onion and sliced garlic and cook about 10 minutes, stirring every minute or two, until translucent but not browned. 2:17
3. Add the green and red peppers, cut into large chunks, and cook about 10 minutes more, until tender. 2:55
4. Grate the tomatoes, cut the zucchini into cubes and add the zucchini; cook about 5 minutes. 3:57
5. Add the grated tomato with salt, pepper and a dash of sugar to take the edge off the acidity, then the bay leaf. Simmer 10–15 minutes without stirring, until thick. Remove the bay leaf. 5:03

> **Tip** Cooking the vegetables in layers rather than all at once is what gives pisto manchego its texture.

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
187 kcal	2.8 g	15 g	3.7 g	14 g	400 mg
780 kJ	6% of a day	11 g net · 8.1 g sugars	13% of a day	1.9 g saturated	17% of a day
		5% of a day		18% of a day	

Energy from net carbs 24% · protein 6% · fat 70% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 98% · Vitamin B6 24% · Vitamin E 20%

Source of (10–19%) Vitamin K 18% · Folate 13% · Potassium 12% · Vitamin A 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=tbxdyiYYRWU. 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/pisto-manchego