SPANISH · SIDE

Spanish Tomato and Anchovy Salad

Tomates aliñados con anchoas

10 min | Serves 4 | 153 kcal a serve | Video 4:57 · Spain on a Fork

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

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Under 4 g net carbs a serve and a good source of vitamin K and omega-3: ripe tomatoes in a garlic-parsley olive oil dressing, topped with anchovies and green olives, with no cooking. Paleo as written; the anchovies and olives make it far too salty for DASH.

Diet notes: Keto (3.3 g net carbs a serve).

Ingredients 9 · SERVES 4

- [ ] 3 **garlic** cloves, roughly chopped
- [ ] 2 tbsp chopped **parsley**
- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 1 tbsp (1 tbsp) **white wine vinegar**
- [ ] 3 **tomatoes**, sliced about ¼ inch (¼ in) thick
- [ ] 1 can (3 oz) **anchovies** in olive oil, drained (oil saved for another dish)
- [ ] a handful of **pitted green olives**
- [ ] a pinch of **dried oregano**
- [ ] **Salt**: sea salt and black pepper, to taste (go light: the anchovies are salty)

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

Allergens found in the listed ingredients: Fish, Sulphites. 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. Pound the garlic, parsley and a pinch of salt in a mortar until well mashed. 0:56
2. Stir in the olive oil and white wine vinegar to make the dressing. 1:26
3. Slice the tomatoes about ¼ inch thick and lay them flat in a serving dish, overlapping a little. 1:53
4. Season the tomatoes lightly with salt and pepper (the anchovies bring plenty of salt) and spoon the dressing over evenly. 2:20
5. Lay one drained anchovy on each tomato slice, scatter over the green olives and finish with a pinch of dried oregano. 2:37

> **Tip** Keep the oil from the anchovy can for scrambled eggs.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
153 kcal 640 kJ	5.2 g 10% of a day	4.8 g 3.3 g net · 2.5 g sugars 2% of a day

FIBRE	FAT	SODIUM
1.5 g 5% of a day	13 g 1.9 g saturated 17% of a day	1,040 mg 45% of a day

Energy from net carbs 9% · protein 14% · fat 77% — fits keto: 3.3 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Vitamin K 29%

Source of (10–19%) Vitamin E 19% · Omega-3 19% · Selenium 18% · Vitamin C 17%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=ALy7h4ZKLGQ. 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/tomates-alinados-con-anchoas