



CookinBig

## Scrambled Eggs with Vegetables and Castaño Garlic.



**DIFFICULTY**  
EASY

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**TYPE OF CUISINE**  
MEDITERRANEAN



**Nº OF DINERS**  
4



**TYPE OF DISH**  
MAIN



**PREPARATION TIME**  
30 MINUTES



**GARLIC VARIETY**  
CASTAÑO

### Ingredients

- 4 cloves of Castaño Garlic
- 1 Onion
- 1 Aubergine
- 1 Red Bell Pepper
- 12 Eggs
- Fresh Parsley
- Extra Virgin Olive Oil
- Salt

## Step by Step



1. Peel and finely chop the Garlic cloves.
2. Do the same with the Onion, Aubergine and Red Bell Pepper, that is, finely chop them all.
3. Put a dash of Olive Oil in a pan on medium heat and add the Castaño Garlic. Then add the Onion, Aubergine and Pepper and lightly season while leaving them to simmer.
4. When the vegetables are ready, add the Eggs. Let the egg-white lightly curdle and then mix it trying not to break the egg-yolk.
5. Remove the pan from the heat and then break the egg-yolks and mix everything well for it to curdle completely with the pan's residual heat.



### DISH PRESENTATION:

6. Place the scrambled eggs as individual servings in plates. Decorate with a sprig of Parsley.

### TIPS FROM THE CHEF Miguel Ángel Mateos:

- We recommend that you make the scrambled eggs with the vegetables 'al dente', not too soft, so they bring more flavour to this dish.
- Not breaking the egg-yolks when the pan is on the heat will make the dish gain creaminess, since it will not completely curdle and it will have a juicier texture.