



SPAIN

BREAKFAST

[PRINTABLE RECIPE PDF](#)

Spanish Mollete Antequerano with Olive Oil and Tomato

Mollete Antequerano is a traditional bread from Antequera, a historic town in the Andalusian region of Spain. This simple yet flavorful dish embodies the

PREP

10 min

COOK

5 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **2 pieces** mollete bread - or any soft white roll if unavailable
- **2 tablespoons** extra virgin olive oil - preferably from Andalusia
- **1 medium** ripe tomato - preferably a local variety
- **1 pinch** sea salt - to taste
- **1 pinch** black pepper - to taste
- **1 pinch** smoked paprika - optional, for extra flavor

WHY THIS WORKS

About this recipe

A printable Spanish Mollete Antequerano with Olive Oil and Tomato recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Mollete Antequerano is a traditional bread from Antequera, a historic town in the Andalusian region of Spain. This simple yet flavorful dish embodies the Mediterranean diet's emphasis on quality ingredients, particularly the use of

ORIGIN & TRADITION

Mediterranean context

Mollete Antequerano is a traditional bread from Antequera, a historic town in the Andalusian region of Spain. This simple yet flavorful dish embodies the Mediterranean diet's emphasis on quality ingredients, particularly the use of extra virgin olive oil and fresh tomatoes, which are staples in Andalusian cuisine.

METHOD

Step-by-step instructions

1

Preheat a grill or a skillet over medium heat.

2

Cut the mollete bread in half horizontally and lightly toast the cut sides on the grill or skillet until they are golden brown, about 2-3 minutes.

3

While the bread is toasting, wash the tomato and grate it into a bowl to extract the juices, discarding the skin. You can also simply chop it finely if you prefer a chunkier texture.

4

Once the bread is toasted, drizzle each half generously with extra virgin olive oil.

5

Spoon the grated tomato evenly over the oiled bread, sprinkle with sea salt, black pepper, and smoked paprika if using.

6

Serve immediately while the bread is warm, and enjoy your Mollete Antequerano!

CHEF'S TIP

Use high-quality extra virgin olive oil, as it significantly enhances the flavor. Don't skimp on the tomato; the freshness and ripeness are crucial for an authentic taste.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	20 g
Protein	8 g	Fiber	2 g
Carbohydrates	30 g	Sodium	150 mg

SERVING SUGGESTION

Serve the molletes warm as part of a simple breakfast alongside fresh fruit and a cup of strong coffee or tea.

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