



SPAIN

BREAKFAST

PRINTABLE RECIPE PDF

Spanish Pan con Tomate

Pan con Tomate, or 'bread with tomato', is a traditional Catalan dish that symbolizes the Mediterranean's love for simple, high-quality ingredients. Often

PREP

10 min

COOK

10 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **4 slices** rustic bread - such as ciabatta or country-style bread
- **2 medium** ripe tomatoes - preferably vine-ripened for best flavor
- **2 cloves** garlic - peeled and sliced
- **4 tablespoons** extra virgin olive oil - plus more for drizzling
- **to taste** sea salt - for seasoning

WHY THIS WORKS

About this recipe

A printable Spanish Pan con Tomate recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pan con Tomate, or 'bread with tomato', is a traditional Catalan dish that symbolizes the Mediterranean's love for simple, high-quality ingredients. Often enjoyed as a breakfast or snack, it showcases the region's famed ripe

ORIGIN & TRADITION

Mediterranean context

Pan con Tomate, or 'bread with tomato', is a traditional Catalan dish that symbolizes the Mediterranean's love for simple, high-quality ingredients. Often enjoyed as a breakfast or snack, it showcases the region's famed ripe tomatoes and artisanal bread, representing the essence of Spanish cuisine.

METHOD

Step-by-step instructions

1

Toast the rustic bread slices lightly on a grill or in a toaster until golden brown and crispy.

2

While the bread is still warm, rub one side of each slice with the sliced garlic, then cut the tomatoes in half and rub the cut side onto the bread to release the juices and pulp.

3

Drizzle each slice with a generous amount of extra virgin olive oil, season with sea salt, and serve immediately.

CHEF'S TIP

For an authentic experience, use the freshest tomatoes you can find, as their flavor is the heart of this dish.

NUTRITION PER SERVING (EST.)

Calories	180 kcal	Fat	12 g
Protein	3 g	Fiber	1 g
Carbohydrates	16 g	Sodium	150 mg

SERVING SUGGESTION

Serve Pan con Tomate with a side of cured meats like jamón ibérico and a glass of fresh orange juice for a complete Mediterranean breakfast.

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