



SPAIN

LUNCH

PRINTABLE RECIPE PDF

Spanish Pisto Manchego

Pisto Manchego is a traditional Spanish ratatouille-like dish that originates from the La Mancha region. It is often associated with rustic home cooking and is

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 2 tablespoons olive oil - for sautéing
- 1 medium onion - finely chopped
- 1 red bell pepper - diced
- 1 green bell pepper - diced
- 2 cloves garlic - minced
- 3 medium zucchini - diced
- 4 medium ripe tomatoes - peeled and chopped
- 1 teaspoon paprika - smoked or sweet
- 1 pinch salt - to taste
- 1 pinch black pepper - to taste
- 4 large eggs - optional, for topping

WHY THIS WORKS

About this recipe

A printable Spanish Pisto Manchego recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pisto Manchego is a traditional Spanish ratatouille-like dish that originates from the La Mancha region. It is often associated with rustic home cooking and is enjoyed throughout Spain, especially during the summer months when

ORIGIN & TRADITION

Mediterranean context

Pisto Manchego is a traditional Spanish ratatouille-like dish that originates from the La Mancha region. It is often associated with rustic home cooking and is enjoyed throughout Spain, especially during the summer months when vegetables are in season.

METHOD

Step-by-step instructions

1

Heat olive oil in a large skillet over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.

2

Add the diced bell peppers and garlic; cook for an additional 5 minutes until softened.

3

Stir in the diced zucchini and cook for another 5 minutes, allowing the vegetables to begin to soften.

4

Add the chopped tomatoes, paprika, salt, and pepper. Reduce the heat to low and simmer gently for about 20 minutes, stirring occasionally, until the vegetables are tender and the mixture is thickened.

5

If using, make small wells in the vegetable mixture and crack an egg into each well. Cover the skillet and cook until the eggs are set to your liking.

CHEF'S TIP

For an authentic touch, serve Pisto Manchego with a drizzle of high-quality olive oil on top just before serving.

NUTRITION PER SERVING (EST.)

Calories	250 kcal	Fat	15 g
Protein	8 g	Fiber	5 g
Carbohydrates	20 g	Sodium	300 mg

SERVING SUGGESTION

Serve warm with crusty bread and a side of manchego cheese for a delightful Mediterranean lunch experience.

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