



KCAL*
228

NUTRITIONAL INFORMATION (by ration)

15,1	Protein
6,5	Carbs
15,2	Total fat
3,4	Saturated fat
8,2	Monounsaturated fat
2,1	Polyunsaturated fat
0,21	Cholesterol
2,6	Fiber
0,49	Sodium

ALLERGENS lactose



40'



4 PAX



LACTOSE FREE

* Kcal by ration



VEGETABLES

SHIRRED EGGS WITH PEAS AND HAM

PONS

USE:



**PONS SELECCIÓN
FAMILIAR
TRADICIONAL**
EVOO



**PONS INFUSED WITH
BLACK TRUFFLE**
EVOO Infused with
Black Truffle

PAIR:



ALGÉS
Black wine



SISQUELLA
White wine

INGREDIENTS

- 4 Chicken eggs
- 240 g Tender peas
- 100 g Julienne-cut onion
- 100 g Carrot
- 100 g Mushrooms
- 50 g Iberian ham
- 2 Cloves of garlic
- 20 ml Pons Selección Familiar Tradicional
- 2 ml Pons Infused with Black Truffle
- Salt
- Black pepper

UTENSILS



Casserole



Oven and
tray

OBSERVATIONS

To keep the yolk from drying out, the oven should be activated from the bottom, trying to avoid the broiler.

ELABORATION

1. In a saucepan with half of the Pons Traditional Family Selection Oil, on low heat, sauté the julienne-cut onion and carrots cut into half moons. Cover the saucepan to keep the vegetables tender and set the sauté aside.
2. In another saucepan, add the other half of the oil and sauté the sliced garlic along with the diced ham for 2 minutes on low heat.
3. Immediately add the peas and mushroom and cover the saucepan, allowing the peas to poach in their own liquid until cooked (between 20 and 30 minutes). Salt and pepper the mixture and set aside.
4. Add a drizzle of oil to the bottom of a small earthenware or stainless steel spot, then add both the onion and carrot sauté and the peas with ham and mushrooms in an orderly manner.
5. Next, add a whole salt-and-peppered egg without its shell.
6. Put the trays in the oven at 180 °C between 8 and 12 minutes until the white has solidified.
7. Sprinkle with a few drops of Pons Black Truffle Infused Oil before serving.