



KCAL*
211

NUTRITIONAL INFORMATION (by ration)

10	Protein
4,1	Carbs
16,8	Total fat
4,7	Saturated fat
8,1	Monounsaturated fat
2,2	Polyunsaturated fat
0,18	Cholesterol
2	Fiber
0,29	Sodium

ALLERGENS
crustaceans

* Kcal by ration



45'



4 PAX



VEGETABLES

VEGETABLE SCAMPI SAUTÉ WITH POACHED EGGS AND TRUFFLES

PONS

USE:



PONS SELECCIÓN FAMILIAR
EVOO Arbequina



PONS INFUSED WITH WHITE TRUFFLE
EVOO infused with White Truffle



PONS INFUSED WITH BLACK TRUFFLE
EVOO infused with Black Truffle



PONS NONNO VINEGAR
IGP Balsamic Vinegar

PAIR:



FLOCS
Cava Brut



ALGÉS
Red wine

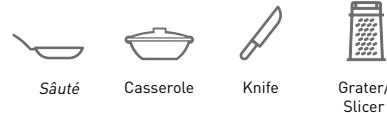
INGREDIENTS

- 280 g Peas
- 4 Chicken eggs
- 60 g Asparagus spears, cleaned (just the tender part)
- 4 Shrimp scampi
- 1 Medium porcini mushroom (125 g)
- 40 g Smoked bacon
- 25 g Red onion
- 5 g Garlic
- 12 g Fresh truffles
- Pons Selección Familiar EVOO Arbequina
- Pons infused with White/Black Truffle
- Salt
- Black pepper

ELABORATION

- Cut the smoked bacon, porcini and asparagus to the desired size and set aside.
- Dice the onion and garlic into very small pieces (Brunoise cut).
- Peel the scampi and reserve the peeled tails and heads.
- Prepare a sauté pan with a drizzle of Pons Selección Familiar EVOO Arbequina on medium/low heat. 🔥
- When the oil is hot, add the garlic, onion and smoked bacon and let sauté until lightly browned. 🔥
- Add the peas and continue cooking, covered, for 5 minutes, until the peas start to get tender (depending on the variety, this process could take between 5 and 10 minutes). 🔥
- Raise the heat, uncover the pan and add the asparagus and porcini. 🔥🔥
- Allow the mixture to cook, sautéing for 4 minutes on medium/high heat. 🔥🔥
- Add the scampi tails and continue sautéing the mixture for 1 minute. 🔥🔥
- In the last 20 seconds before serving, add the juice from the scampi heads to the sauce. (Crush the heads between your fingers and allow the interesting substance inside, with its delicious maritime flavour, to enter the recipe.) 🔥🔥
- In a separate pot with a litre of boiling water, add a good pinch of salt and vinegar and bring to boil. 🔥
- Break the eggs one by one into a bowl, generate a whirlpool in the water at about 85-90 °C, and slide each egg into the whirlpool. Allow the eggs to cook for 2 to 4 minutes (depending on size) and set aside. 🔥
- To serve:
Lay the poached eggs on the sautéed vegetables.
Slice or grate the truffles over top.
Season the dish with a drizzle of Pons infused with White/Black Truffle oil.

UTENSILS



🔥 High heat 🔥🔥 Medium heat 🔥 Low heat