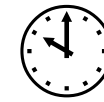


REMOJÓN – ORANGES AND OLIVES SALAD



Time of preparation:
25 min

INGREDIENTS

- 2 eggs
- 3 spring onions cut in quarters
- 60g of black olives without stones
- 300g of unsalted cod
- 70-100g of olive oil extra virgen
- 1-2 table spoon of Jerez vinegar
- Salt and pepper
- 4 oranges

STEPS

1. Boil the eggs and reserve.
2. Slice the onion
3. Peel and slice the oranges
4. In a frying pan, sear the cod loins for both sides. Leave to cool down a few minutes and separate the sheets of cod
5. Mix everything together in a bowl.
6. To emulsify the vinaigrette, whip the olive oil and the vinegar along with the salt and black pepper.
7. Add the vinaigrette to the salad

NUTRITIONAL FACTS

Energy: 488.2 kcal / 2040.9 KJ

Carbohydrates: 20 g

Proteins: 26.2 g

Fats: 34.2 g





Orange Trees



Olive Trees