

CARNE AL AJILLO – MEAT IN ALDMONDS SAUCE



Ingredients

- 1 kg of sliced meat
- 4 garlic
- 50 g. of almonds
- A dry pepper
- Some fried bread
- Paprika
- A hint of saffron
- A spoon of Vinegar
- A small glass of white wine
- Salt and pepper
- Cumin

Steps

- First, fry the almonds, bread, garlic and a dry pepper, when they are fried leave them aside.
- Secondly, savor the meat over low heat, add a bit of cumin and a glass of white wine and leave it on the fire.
- Thirdly, put a peeled tomato, the fried garlic, a raw garlic and the dry pepper in the blender, add the mixture to the meat along with a hint of saffron and pepper. Cover and leave it to cook.
- Finally, smash the almonds and bread and add it to the meat, cook for 20 more minutes and let it settle.

Nutritional facts

Kilocalories: 133

Carbohydrates:1,48g

Fats:6,19g

Proteins:10,57g





Almond Trees