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| ***Recipe fromLleida-Catalonia-Spain*** | | | | | |
| Dish name: Spinach and chickpeas **Number of Doses (Pax): 6 Preparation time: 30 min Sale price: 7.79€** | | | | | |
| **Quantity** | **Ingredients** | | **Unit Price** | **Total Price** | **Preparation Technique** |
| 1 jar  around 500g or 18 ounces | * garbanzo beans (chickpeas) (note: you could also soak and cook dried garbanzos for even more delicious results, but I find that good quality canned beans do the trick nearly as well) | |  | 1.20€ | 1. Coat a large saucepan with extra virgin olive oil (approx. 2 T) and heat to medium high 2. Before the oil gets too hot, add the spinach (in batches if necessary) 3. Sauté the spinach until just wilted and remove to strain in a colander 4. Re-coat the pan with olive oil and add in the bread cubes and raw almonds. Fry until the bread and almonds are browned and crispy on each side 5. Add the chopped garlic, cumin, cayenne and black pepper and sauté for a couple of minutes, until the garlic is fragrant and turning brown 6. Transfer the ingredients to a blender/food processor and add the sherry vinegar 7. Blend the ingredients together until you have a thick paste (don't over blend and make it gooey) 8. Return the paste to the saucepan and add your garbanzo beans and tomato sauce 9. Stir gently until the chickpeas are fully coated by the sauce and add a bit of water to thin things out 10. Add the spinach and stir gently until it is evenly incorporated and hot 11. Season with salt and pepper 12. Once plated, drizzle a swirl of extra virgin olive oil on top of each dish, then sprinkle a small amount of smoked Spanish paprika on top |
| 1 large bag (around 300 grams) | * fresh spinach, washed | |  | 1€ |
| 2 thick slices | * of day old bread (sourdough works well) with crusts removed and cut into cubes | |  | 0,50€ |
| 15 | * blanched unsalted Marcona almonds | |  | 2.50€ |
| 1/4 | cup tomato sauce | |  | 0.59€ |
| 3 | 3 garlic cloves, chopped | |  | 0.50€ |
|  | * Extra virgin olive oil | |  | 0.20€ |
| 2 | * Tablespoons Sherry vinegar | |  | 1€ |
|  | * Salt | |  | 0.10€ |
|  | * Black pepper (to taste) | |  |  |
|  | * Smoked Spanish paprika (I use pimentón dulce, but you could also use pimentón picante) | |  | 0.10€ |
| 1 teaspoon ground | * cumin * Ground cayenne pepper (to taste) | |  | 0.10€ |
| **Comments:** | | | | |
| **Total Cost: 7.79€** | | **Cost / Dose: 1.29€** | | | **Student Name:** |
| **Ratio (%):** | | **Contribution Margin:** | | | **Class: 1st year course CFGS SOCIAL INTEGRATION**  **Year: 2020** |