



○ Cocido from Madrid - Litoral



2.75 €
3.62 USD

It is a stew. In Madrid we have discovered the real cocido recipe. A meal elaborated with chickpeas, cattle meta, spicy sausage (chorizo), carrots and bacon. All these ingredients are softly warm up. The quality and the authentic ingredients are the basis for the coastline dishes. You will find a lot of fibre in these meals thank to the vegeables. The result is a tasty meal, home made, and very nutritious.

Can 440 gr.

3 ways to prepare the lentils:

*Open the can and double boil it for 15 minutes.

*Pour the contents in a pan and warm up softly for 10 minutes.

*Microwave: pour the contents in a non metallic container and warm between 3 and 5 minutes, depending on the microwave power.