



○ Fabes with Clams - Litoral



3.50 €
4.44 USD

Thanks to the best products selection, the fabes from Asturias and the clams (almejas) from Galicia, we can enjoy an excellent recipe, the Fabes with Clams. It is a sea variation for the Fabada Asturiana. The basis is the same (the beans) but we add a sweet ingredient: the clams.

We add olive oil from Spain, onion, white pepper, parsley, laurel, saffron (azafrán) and white wine.

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 vegetables. The result is a tasty meal, home made, and very nutritious.

Can 425 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.