



Easter 'Frito'



Ingredients for 6 people:

500 g. lamb offal
100 g. peas
1 red pepper
Garlic
Bay leaf
1 chilli
3 bunches of spring onions
2 artichokes
1 bunch of fennel
Salt
Pepper
3 diced fried potatoes

Preparation:

When everything has been chopped up place heat the oil on the pot and add the garlic, bay leaf and chilli, followed by the offal. When it is golden brown season with salt and pepper, and then add the red pepper, the peas, the artichoke, the fennel and the spring onions. Cook for 15 minutes and add the fried potato which was prepared separately. Serve immediately, or re-heat.

by Leonor Barceló Cantallops