

Favas



Ingredients (for 4 persons)

- ✓ 500 gr fresh, shelled fava beans
- ✓ 1 chouriço
- ✓ 100 gr bacon
- ✓ mint leaves
- ✓ parsley
- ✓ salt

Directions:

Put the fava beans into lightly salted boiling water, along with a sprig each of mint and parsley.

Cook covered for about 20 to 30 minutes. Check if they are done. Drain.

In the meantime, slice the chouriço sausage and cube the bacon. Put them into a saucepan with a little water, cover and let brown for 10 minutes. Put the beans into a tureen, pour the meat drippings over them, toss and garnish with the meats.

This is a hearty accompaniment for fish or white meats, but if served with a salad, it becomes an exquisite main course.