



# Empedrat

Spain | Easy | 1h 15 mins | 4 servings | *Entrée or Main Dish*

*Originally from Catalonia, Empedrat is a special type of tapa and one of the most popular summer dishes in Spain. Prepared with fresh ingredients, it constitutes a well balanced mix of highly nutritional ingredients - pulses, veggies and fish. It is served cold and pairs well with a chilled glass of cava or white wine. As one of the most hearty tapas recipes in the world, it is representative of a healthy Mediterranean diet.*

## Tools and equipment

~ Cutting board  
~ Knife

~ Pot

## Directions

- 1 Put the chickpeas into a pot with water and salt for around 24 hours, then drain and wash.
- 2 Put 4 unpeeled garlic cloves into a pot with water and bring to boil. Add chickpeas and boil for around 1 hour. Fifteen minutes before removing the pot from the fire, add salt to taste.
- 3 Peel and chop 1 garlic clove and add olive oil.
- 4 Cut the desalinated cod into small pieces.
- 5 Cut the tomatoes, add salt to taste and drain.
- 6 Cut the onion and red pepper into small cubes.
- 7 Once the chickpeas are cold, put them into a big bowl with the rest of the ingredients. Add olives and black pepper. Mix well and refrigerate for around 45 minutes.
- 8 Serve cold.

## Ingredients

Chickpeas	250 g
Garlic	5 cloves
Cod ( <i>fresh</i> )	400 g
Black olives	a bunch
Tomatoes ( <i>organic</i> )	1kg
Red pepper ( <i>organic</i> )	1 unit
Onion ( <i>small</i> )	1 unit
Salt	to taste
Pepper	to taste
Olive	to taste