



A Escola

by the artist

INGREDIENTS

150gr - Portobello Mushrooms
100gr - Brown Mushroom
100gr - green asparagus
80gr - onion
1 whole egg
30ml olive oil
100ml of beer
1 clove of garlic
tomato concentrate q.s.
fleur de sel, oregano and pepper q.s.

PREPARATION

Chop the onion and garlic well and sauté in previously heated olive oil. Apart, briefly boil the asparagus in boiling water. Cut into slices, leaving the entire tip (about 10cm).

Add the asparagus slices to the onion and cook.

Cut the mushrooms into small pieces and add to the previous prepared. Mix everything very well.

Add the tomato paste, salt, oregano and pepper. Wrap everything well and add the beer without stopping stirring.

Let it boil for approximately 1 minute, lower the temperature and stop stirring. Add eggs and asparagus tips, cover with a lid and turn off the heat. Let stand 5 minutes or until the egg is at the desired point.

Serve with cooked quinoa.

Enjoy!

Hugo Dias