



Fresh Pasta with Blackberries, Vegetables and **Black Garlic.**



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
4



TYPE OF DISH
MAIN



PREPARATION TIME
30 MINUTES



GARLIC VARIETY
BLACK

Ingredients

- 8 cloves of Black Garlic
- 400 gr of Fresh Pasta
- 125 gr of Blackberries
- 2 Carrots
- 2 Tomatoes
- Fresh Basil
- Salt
- Extra Virgin Olive Oil

Step by Step



1. Peel the Black Garlic cloves and set them aside.
2. Peel and finely dice the Carrots.
3. Wash and dice the Tomatoes.
4. Finely chop the Basil.
5. Cook the pasta until it is 'al dente' in boiling water, then drain it.
6. Put a dash of Olive Oil in a pan on medium heat, add the Garlic and the chopped Carrot, Tomato and Basil. Sauteé and season.
7. Add the Blackberries and the Pasta and sauté for a couple of minutes.



DISH PRESENTATION:

8. Place a portion of Pasta in the centre of a plate. Decorate with some little fresh Basil leaves.



TIPS FROM THE CHEF Miguel Ángel Mateos:

- It is important that the pasta is 'al dente' and not overcooked, since sautéing it later will cook it some more
- The Blackberries must only be heated, not cooked and soft.
- We may add some cooking fresh cream to the stir-fry to obtain a Blackberry sauce.