



CookinBig

Sautéed Wheat with Spring White Garlic.



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



Nº OF DINERS
4



TYPE OF DISH
MAIN



PREPARATION TIME
30 MINUTES



GARLIC VARIETY
SPRING WHITE

Ingredients

- 4 cloves of Spring White Garlic
- 400 gr of Tender Wheat
- 1 Zucchini
- 1 Aubergine
- 1 Onion
- Fresh Basil leaves
- Extra Virgin Olive Oil
- Salt

Step by Step



1. Peel and laminate the Garlic and then cut it in strips.
2. Peel the rest of the vegetables and cut them in Brunoise (small cubes).
3. Put some Water in a saucepan. Add some Salt and bring it to the boil. Boil the Wheat for 10 minutes, then drain and set it aside.
4. Meanwhile, in a pan on medium heat, add some Olive Oil and stir in the Onion, Aubergine and Garlic. Sauté for 5 minutes and then add the Zucchini.
5. When everything turns slightly brown, season to your liking and stir in the drained Wheat. Leave it for a few minutes and then remove from the heat.



DISH PRESENTATION:

6. Place two heaping tablespoons of the sautéed Wheat
7. Decorate with some fresh Basil Leaves and add a dash of Olive Oil.



TIPS FROM THE CHEF Miguel Ángel Mateos:

- Wheat is not an often used product in our kitchen, but it is in places like Italy where it is known for its nice texture and for its ability to absorb the rest of the flavours present in a dish.
- We can enrich the taste of the dish by cooking the Wheat in chicken or vegetable broth.

