

By: Miguel Ángel Mateos



Spaghetti with Broccoli Couscous and Morado Garlic.



DIFFICULTY
LOW



COOKING STYLE
VEGETARIAN



AMOUNT
4



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
MORADO GARLIC

INGREDIENTS:

- 4 Morado garlic cloves
- 50g of Cantharellus mushrooms (yellow foot), dehydrated.
- 2 tomatoes
- 4 shoots of green asparagus
- 600g of fresh egg pasta (spaghetti, macaroni...)
- 1 broccoli
- salt
- extra-virgin olive oil

STEP BY STEP:



1. First of all, peel the Morado garlic cloves and cut them up.
2. Next, cut the green asparagus into slices; they should be thin but not excessively so.
3. Cut up the tomatoes as well, removing all pips, into cubes of more or less the same size and set them aside.
4. Use a short knife to cut up the exterior part of the broccoli finely, over a plate. Tiny bobbles of broccoli should fall loose, resembling couscous. Put them aside.
5. Boil up a casserole pot containing water and a little salt. Once it is off the boil, put the pasta in and stir it gently so that it doesn't stick together. Depending on the type of pasta, it should be cooking within 3-5 minutes.
6. When the pasta is ready, take it out and drain it in a colander, getting rid of all the water.
7. In a sauté pan (or a special sauté frying pan), add a splash of extra-virgin olive oil and when it is lukewarm, add the chopped garlic and the green asparagus. Sauté them and add the hot chopped tomato. Leave them for a couple of minutes and add the dehydrated mushrooms and leave them to soak for a few seconds in the mixture, season them and then pour in the thoroughly-drained pasta. Sauté everything so that it takes on the taste of the mixture, and then remove from the heat.

FINISHING THE DISH

8. Put the pasta right in the centre of a dish of your choice, giving it volume and height and ensuring that it looks elegant with the chopped ingredients. Finally, before serving, add the broccoli couscous and serve it on a hot dish.

CHEF'S TIPS Miguel Ángel Mateos:

- With the pasta being hot, and the broccoli so small, the heat of the pasta itself will be sufficient to cook it, preserving all the taste of the broccoli and a very pleasant texture.
- The fact that the mushrooms are dehydrated, means that we can enjoy them throughout the year, as they will be conserved perfectly without spoiling. We can use them as you would use salt, or a condiment.
- If you use fresh pasta, the dish will be much better than if you use dry pasta.
- To make the dish tastier and creamier, when you have finished sautéing the pasta take it off the heat, add a free-range egg yolk and stir it well together with the pasta.
- Good fresh pasta is truly delicious when simply accompanied by good fried, chopped garlic, some sage leaves or fresh basil and a drizzle of extra-virgin olive oil.