

By: Miguel Ángel Mateos



Whole-grain Sandwich with Persimmon, Cream Cheese, Beef Jerky and **White Spring Garlic.**



DIFFICULTY
LOW



CUISINE
MEDITERRANEA



SERVES
4



TYPE OF DISH
BREAKFAST



PREPARATION TIME
15 MINUTES



TYPE OF GARLIC
WHITE SPRING

Ingredients

- 2 Cloves of Big Garlic White Garlic
- 4 Whole-Grain Bread Rolls
- 2 Persimmons
- Cream Cheese
- Beef Jerky
- 4 Sundried Tomatoes
- Chicory
- Extra Virgin Olive Oil

Step by Step



1. Peel and finely slice the garlic cloves.
2. Peel the persimmons and cut into finger-thick slices.
3. Chop the sundried tomatoes.
4. Add a splash of oil and the garlic to a pan over a medium heat. Once golden, remove from the heat.



FINISHING THE DISH:

5. To assemble our sandwich, start by spreading cream cheese onto the bottom slice of bread, then top with the sundried tomatoes, persimmon slices, a layer of beef jerky and a little chicory.
6. Garnish with the golden garlic and dress with the remaining garlic-infused oil.
7. Finish off the sandwich by adding the top of the bread roll and enjoy!



CHEF'S TIPS Miguel Ángel Mateos:

- Packed full of flavour, this sandwich is a great way to start the day, with the addition of garlic providing a heap of health benefits to get you going in the morning.