



Difficulty

Easy



Cuisine

Italian



4 Diners



Time

30 minutes



Variety

Spring Violet

Ingredients

- 4 cloves of Spring Violet Garlic
- 4 Garlic Shoots
- 400 gr of Fresh Pasta
- 3 Dry Cayenne Peppers
- Fresh Thyme and Oregano
- Extra Virgin Olive Oil
- Fleur de Sel
- Salt

Fresh Pasta with Spring Violet Garlic



1. Peel and finely chop the Spring Violet Garlic cloves.
2. Wash the outer leaves of the Garlic Shoots, remove the roots and finely slice the shoots.
3. Put water and salt in a pot and bring to a boil. Then put in the Pasta and cook it for 3-4 minutes, until 'al dente'. Strain the Pasta.
4. Put a dab of Oil in a pan on medium heat, and add the Garlic, the Garlic Shoots and the Cayenne Peppers.
5. Cook for a few minutes, until they start to change colour, stirring often so they do not stick, then add the dry herbs and the Pasta.
6. Sauté lightly for all flavours to blend and remove from the heat.

Dish Presentation:

7. Present your dish on a plate decorated with a few sprigs of Fresh Thyme. Season with Fleur de Sel and a dab of Olive Oil.

Tips from the chef Miguel Ángel Mateas

- This is a very easy and quick to make dish, with a great flavour thanks to the Aromatic Herbs and the Garlic.
- Depending on how spicy you like your dishes, you may adjust the amount of Cayenne accordingly:
 - o If you do not like your food too spicy, simply sauté the Cayenne with the Garlic, and then remove it from the pan.
 - o If you prefer a hotter taste, you can cut the Cayenne Peppers before putting them in the pan. This way they will release more flavour.