



# Omelet with Black Garlic.



**DIFFICULTY**  
EASY

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**TYPE OF CUISINE**  
MEDITERRANEAN



**Nº OF DINERS**  
1



**TYPE OF DISH**  
BREAKFAST



**PREPARATION TIME**  
10 MINUTES



**GARLIC VARIETY**  
NEGRO

## Ingredients

- 4 cloves of Black Garlic
- 3 Eggs
- Bread
- Fresh Parsley
- Extra Virgin Olive Oil
- Salt

## Step by Step



1. Peel the Black Garlic cloves and cut in 4 pieces.
2. In a bowl, break the eggs and beat them lightly.
3. Add the pieces of Black Garlic and a pinch of salt, and mix.
4. In a pan on medium heat, add a dash of Oil and wait for it to heat up. Then add the mixture.
5. When the bottom side is cooked, turn it around, wait for it to change color and... our breakfast is ready!



### DISH PRESENTATION:

6. Cut a few slices of bread. You may toast them if you wish.
7. Place the omelet in a plate and the bread slices on the side. Decorate with a few Parsley leaves.

### TIPS FROM THE CHEF Miguel Ángel Mateos:

- It is better to add the Salt to the Egg at the last moment, otherwise the egg may become watery and loose flavour.
- We may enhance even more the taste of this Black Garlic Omelet with some grated Black Truffle, with some Vegetables or with some Cream Cheese.