LINGUINE WITH SEA ASPARAGUS PESTO, SWORDFISH AND TOASTED ALMONDS



Menù Ingredients

15 g. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
40 g. Èsalicornia - Samphire - WM1X
60 g Èpescespada - WK1X
n° 3 Dorati - TN1

Ingredients

q.s. Parsley
q.s. Garlic
5 g. Toasted almonds
80 g. Linguine pasta

Chef: Maurizio Ferrari

Method

Serves 1

Cook the linguine in a pot of boiling salted water. Chop the garlic and parsley. Heat a pan with a tablespoon of extra virgin olive oil and cook the garlic and parsley for few seconds, add the Swordfish and then the Sea Asparagus previously blended to make a pesto (keep few pieces to garnish) then simmer for 1 minute. When the pasta is still “al dente” add it to the the sauce adding the remaining evoo .Plate the linguine into a pasta bowl with a sprinkle of toasted almonds , few Dorati tomatoes and garnish with the sea asparagus.

Gluten Free Method

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