

Tagliatelle del Sultano – Asparagus

Ingredients for 4 diners:

400 gr of Tagliatelle

1 spoon of flour 00

4 tablespoons of olive oil (cold pressed)

6 Fresh thyme leaves

1 teaspoon of fine sea salt

300 gr of asparagus

1 teaspoon of freshly ground black pepper

1 Glass of Oat Milk

Preparation :

Put the Asparagus, cut into cubes, in a large pan, pour 1 glass of water and let it stew with very low flame, pour the glass of oatmeal and olive oil taking care to raise slightly the flame. After 4 minutes of cooking, add the salt and the black pepper, and after another 2 minutes of cooking, add the fresh thyme leaves, raise the flame and mix. Drain the tagliatelle a little less than al dente, pour a spoonful of flour into the sauce obtained by stirring for 1 minute, add the tagliatelle and stir them for 2 minutes to high flame.

Serve hot.