Nettle with garlic and tomato-paste oil

Serves 3

Ingredients

440 g	Dalgan (stinging nettle)
46.1 g	Sunflower oil ¼ glass
90 g	Tomato paste ½ glass
9 g	Garlic 3 clove
20 g	Salt 1 tbsp
1.5 kg	Water 7½ glass

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Pick over and wash the nettles. Bring the water to a boil, add the salt, drop in the nettles and boil about 15 minutes until the stems are tender; drain and let cool. **15 min**
2. Heat the oil in a small pan over low heat, add the tomato paste and coarsely chopped garlic and fry for a few minutes.
3. Put the cooled nettles on a plate, drizzle the hot sauce over and serve.

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