

Tagliatelle with greens *(Pasta & rice main dishes)*



Preparation

Take a kilo of greens, such as turnip tops. Wash and prepare them well - you should keep only the slenderest shoots and smallest leaves. Boil the greens in salted water. In a separate frying pan, gently fry the garlic and chilli in some olive oil. If you don't have any garlic, and if you prefer, you can substitute spring onions! Drain the boiled greens and add them to the pan with the garlic and chilli and warm through. While the greens are cooking in the chilli oil mixture, combine the flour and water until you get a ball of dough. Allow to rest for 10 minutes, then roll it out and make the tagliatelle. Cook the pasta in the same water as the greens, then drain and combine with the other ingredients in the frying pan. Serve immediately. This recipe in Salento takes the name 'Tria cu lli mugnuli' and is absolutely delicious.

Tips

This recipe is equally good if the greens are warmed through with spring onions or young leeks. Add flakes of chilli pepper to suit your taste!

Trivia

Greens are very good for your health, particularly against potentially cancerous tumours. They are rich in fibre and mineral salts.

Information

Preparation 20 minutes

Total Time 10 minutes

Serves X Serves 2 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

Durum wheat flour 200 grams

Water 100 millilitres

Broccoli (A kilo of greens)

Garlic 1 clove

Salt

Chilli (A few flakes of chilli in oil)