

## Wild Garlic Pasta Sauce

### Ingredients (serves 3)

- 150g wild garlic shoots (sliced & chopped)
- 1 tin tomatoes
- 1 onion (chopped)
- 2 tbsp dijon mustard
- ½ tbsp clear honey
- 2 tbsp tomato puree
- parmesan cheese
- oil
- cracked black pepper

### Instructions

1. Wash the wild garlic, drain and spin dry using a tea-towel or salad spinner.
2. Fry the onion until soft and translucent.
3. Add the tin tomatoes, 100g of wild garlic, the Dijon mustard, tomato puree and honey. Stir well in, then simmer until reduced, about 15-20 minutes. Remove from the heat and stir in the remaining 50g of wild garlic, stir and serve with grated Parmesan cheese and cracked black pepper.

