

BRENZONE SUL GARDA

Bigoli with bleak

Ingredients for 4 people

320 gr of bigoli (*thick spaghetti*)

a handful of salted bleak

extra virgin olive oil

1 clove of garlic

fresh parsley



Method

Put a little extra virgin olive oil in the frying pan. Dry the brine from the bleak, remove the heads and tails and cut them into small pieces and add to the frying pan. Fry a few minutes together with a clove of garlic. Turn off the gas and add extra virgin olive oil. Sauté the “bigoli” (already boiled in lightly salted water) with this sauce. Serve with finely chopped fresh parsley.

