

ROASTED GARLIC

Adds a delicious flavour to mashed potatoes, soups and pasta sauces!

INGREDIENTS:

1 Bulb Garlic
Extra Virgin Olive Oil
Sea Salt

DIRECTIONS

Preheat the oven to 175°C.

Peel and discard the outer layers of the garlic bulb. There is no need to peel the individual cloves.

Cut off the top of the garlic bulb to expose the garlic.

Place the garlic bulb cut side up on a piece of foil, drizzle the exposed cloves with olive oil and sprinkle with the sea salt.

Wrap the garlic in the foil and roast for 40-60 minutes or until the cloves are tender and a deep golden brown.

When the garlic has cooled down it will be easy to squeeze out of the individual skins!

Roasted garlic will store in the fridge for around 4 days but it also freezes really well too.