

Simple Garlic and Black Pepper Sauce

Recipe by: MyMunchkins (Allrecipes.com.au)

This simple pasta sauce is great to showcase our local Aussie Pepper in it's ground or kibble format. I love using Kibble, and at least double the quantity of the below recipe myself.



Ingredients

- 1/4 cup olive oil
- 2 tablespoons minced garlic, or more to taste
- 1 1/2 cups 2% milk (Mungalli Creek is perfect)
- 1 teaspoon salt (Mt Zero Pink Lake Salt is perfect)

- 1 teaspoon ground black pepper (from Aussie Pepper)
- 2 teaspoons water
- 1/2 teaspoon cornstarch

Directions

Prep 10 m Cook 6 m Ready In 16 m

1. Heat olive oil in a saucepan over medium-low heat. Add garlic, cook and stir until fragrant, 1 to 2 minutes. Add milk, salt, and pepper; stir constantly until simmering, about 2 minutes.
2. Whisk water and cornstarch together in a bowl until smooth. Add water-cornstarch mixture to sauce; stir continuously until sauce is thickened to desired consistency, 3 to 5 minutes.

Nutritional Facts

Per Serving: 174 calories; 15.3 g fat; 6.3 g carbohydrates; 3.3 g protein; 7 mg cholesterol; 620 mg sodium.

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