



## Consejo del chef

Serve with fried garlic, Maldon salt, black pepper, and a touch of hot smoked paprika.

## Raciones para 1

3  
Romaine hearts lettuce

2  
Garlics

1/2  
Lemon

Maldon salt

Smoked paprika

Olive oil

- 1 Cut hearts in half and sliced garlics, thinly.
- 2 Place a pan over medium heat and stir fry sliced garlics with olive oil.
- 3 When they are golden brown, remove from the pan, and place the hearts with the flat side down.
- 4 Grill until browned for both sides over low heat. Squeeze half lemon over them and remove from heat.

## Chef's Notes

---

---

---

---

<https://cookinglovers.teka.com/en/receta/cogollos-a-la-plancha-con-ajo/>

