

Recipe idea

Sicilian stuffed squid with tomato sauce

Main course - 4 persons

Preparation: 20 minutes | Cooking time: 30 minutes



Ingredients

- 4 squid tubes EPIC
- 300 grams of bread crumb
- 4 tablespoons of capres
- Olive oil
- Salt and pepper
- 2 cloves of garlic
- Fresh basil and fresh parsley
- 100 grams of grated pecorino or parmesan
- 800 grams of passata
- 1 onion, diced
- 1 chili pepper
- 60 ml of white wine

Preparation

First make the sauce. Sweat the onion and garlic in some olive oil. Add the white wine. Add chili pepper and passata together with some basil. Season with pepper and salt.

Stuff the squid tubes with a mixture of chopped herbs, bread crumbs, cheese and chopped capres. Cook the squid in some olive oil and then add them to the sauce. Let it simmer for a while. Serve with rice or bread.



Squid tubes Product code =ILXT

Illex argentinus	U/5 pc/unit	700 and 800g
	U/6 pc/unit	800g
	U/10 pc/unit	800g
Dosidicus gigas	U/5 pc/unit	800g
Nototodarus sloanii	U/5 pc/unit	800g

(12/carton)