

STUFFED SQUID



Menù Ingredients

20 g Fiokki - Fiokki Potato Flakes - PC0
50 g Pesto di Nocciole Bio – Organic Hazelnut pesto - KJ70B
q.b. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

2 squids
100 g mixed seafood (prawns, white fish, squid)
20 g grated Parmigiano Reggiano cheese
Salt and pepper

Chef: Monica Copetti

Method

Makes 2 STUFFED SQUID

Blend the mixed seafood with the squid. Add the Fiokki instant mashed potatoes and the hazelnut pesto to the mixture obtained and season with salt and pepper. Stuff the squid with the filling and close off with a toothpick.

Tips

Cook directly in a non-stick pan for about 15 minutes, browning on both sides.

LOW-TEMPERATURE COOKING TECHNIQUE

Temperature: 80°C

Time: 45 minutes

Regenerate in a non-stick pan with a drizzle of extra virgin olive oil and a little water.