LINGUINE WITH BROCCOLI AND CALAMARI



Menù Ingredients

300 g. Broccoli saporiti - Tasty Broccoli - B30K

Ingredients

q.s. Salt
q.s. White pepper
q.s. Parsley
q.s. Chili pepper
1 Garlic clove
150 g. Pachino tomatoes
q.s. White wine
250 g. Calamari
500 g. Linguine pasta

Chef: Tommaso Ruggieri

Method

Serve 6

Cook the linguine in boiling salted water until al dente. Meanwhile, in a saucepan, with some evoo brown the garlic, add the calamari cut into rings and cook for a few minutes. Deglaze with the white wine and let it evaporate, then add the drained broccoli. Incorporate the sliced pachino tomatoes and season with a pinch of crushed chilli, white pepper and salt; complete with chopped parsley. At this point, drain the linguine and toss in the prepared sauce. Transfer the pasta into the plates and serve.

Gluten Free Method

Utilizzare Pasta riportante in etichetta la dicitura senza glutine.

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Registered Office/Plant: Via Statale 12 n.102 - 41036 Medolla (MO) | Offices: Via Concordia n.25 - 41032 Cavezzo (MO)