Small Salad with Calamari, Brussels sprouts and Tomato Juice



Time: 20 min.
Difficulty: Medium

Ingredients (4 people)

- **Ingredients**
  - Pomì L+ 500g 50 ml
  - Extra Virgin Olive (EVO) oil as required
  - Fresh Brussels Sprouts 100 g
  - Fresh little calamari 400 g
  - Pepper to taste
  - Salt to taste
  - Soy sauce as desired

For this recipe we used:



Preparation

Boil Brussels sprouts in generous salted water, then season with EVO oil, salt and pepper and let them cool.
In a hot and oiled non-stick pan, quickly sauté the calamari (julienne cut) just until they curl.
Arrange the dish with the cooked and seasoned Brussels sprouts and the sautéed calamari, then dress with **Pomì L+**, soy sauce, EVO oil and more salt and pepper if desired.