Small Salad with Calamari, Brussels sprouts and Tomato Juice

Preparation time: 20 min
Difficulty: Medium

Ingredients

- 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

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.

For this recipe we used:

Strained Tomatoes 50 ml