



Small Salad with Calamari, Brussels sprouts and Tomato Juice



Time: 20 min.

Difficulty: Medium

Ingredients (4 people)

• Ingredients

- Puree de tomates 700g 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.