



Sauteèd squilla mantis shrimps and prawns



Time: 30 min.

Difficulty: Easy

Ingredients (4 people)

- **Ingredients**

- Chopped Tomatoes 500g 200 gr
- Basil to taste
- Black pepper to taste
- Fresh and cleaned squilla mantis shrimps 12
- Fresh prawns
- Parsley to taste
- Salt to taste
- White onion ½
- None

For this recipe we used:



Preparation

Sauté the chopped onion in an drizzle of oil, then add the prawns and squilla mantis shrimps previously cleaned and cut into pieces.

Add the **Chopped tomatoes Pomì** previously sifted and cook for about 10 minutes.

Adjust salt and pepper.

Serve the sauté by adding parsley and fresh basil.