Sauteèd squilla mantis shrimps and prawns



Preparation time: 30 min
Difficulty: Easy

Ingredients

- 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

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.

For this recipe we used:

Chopped Tomatoes 200 gr

