

STUFFED SQUID



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SERVES: 6

Preparation Time: 20 min.

Cook Time: 10 min.

INGREDIENTS

1 pack "Pescanova" frozen squid • 1 pack "Pato Real Rice" "Camarão" variety • 1 jar "Oliveri" sun-dried tomatoes in olive oil • 1 jar "Laura" balsamic vinegar • "Necton" Flor de Sal • 3 lemons • 15 fresh basil leaves • 4 slices of "Panico" white bread • "Cortes de Cima" olive oil • "Mimosa" salted butter • "Vitacress" rocket salad • 2 garlic cloves

METHOD

Gently defrost the squid and leave to rest on a kitchen towel • Cook the rice as indicated on the packaging • Finely chop the sun-dried tomatoes (drained through a colander and left 30 min. prior to chopping) and the basil leaves • Season the rice with lemon juice, flor de sal, the tomatoes and the basil • Carefully stuff the squids and secure the open end with some toothpicks • Cut the bread into cubes and sauté in some olive oil and salted butter • Wash the rocket in ice-cold water • Sauté the squid in olive oil with some garlic • Season with flor de sal and lemon juice • Dress the rocket with olive oil and balsamic vinegar and arrange with the squid