

BABY CUTTLEFISH WITH SAUTÉED VEGETABLES AND POTATO PURÉE



Serves 2



18 minutes



2 Mibrasa casserole dishes

INGREDIENTS

1/4 lb baby cuttlefish, cleaned and gutted
Carrots, *tournée* cut
Zucchini, *tournée* cut
2 asparagus spears
Red, yellow and orange baby peppers
1 small Monalisa potato
1/4 c fish stock
Butter
Olive oil
Garlic and parsley oil

METHOD

- Place a whole potato with its skin intact directly on the grill and cook for 12 minutes. Remove the potato, peel and then blend with fish stock and a knob of butter.
- Cut the asparagus spears into 2 cm leaving the length of the bud a little longer.
- Drizzle olive oil to a Mibrasa casserole dish, add the vegetables and cook for 2 minutes. Place another casserole dish on the side to preheat.
- When the vegetables are cooked through, remove from the oven. Take out the preheated casserole dish, add a dash of olive oil followed by the baby cuttlefish and cook for 2 minutes. Remove the cuttlefish from the oven, add garlic parsley oil and stir. Ink from the cuttlefish should start adding color to the mixture, which will also give it its unique flavor.
- Serve the cuttlefish with the vegetables on the side with creamy potato purée.

