

# SPAGHETTI NESTS WITH VEGETABLES AND SAUTÉED SQUID



Serves 2



10 minutes



1 Mibrasa casserole dish

## INGREDIENTS

1/4 lb squid ink pasta spaghetti,  
boiled  
1 eggplant  
1 zucchini  
2 pear tomatoes  
1 large squid  
Extra virgin olive oil  
Garlic and parsley oil  
Salt  
Pepper

## METHOD

- Cut the eggplant in half lengthwise and score slits into the flesh. Place directly on the grill and cook for 5 minutes. Do the same to the zucchini and cook for 3 minutes.
- Cook the whole pear tomatoes in a Mibrasa casserole dish for 5 minutes. Wash the squid and cut the body into thin long strips and the tentacles and wings into small pieces. Remove the tomatoes and set aside. Drizzle olive oil into the casserole dish, add the small pieces of squid and place back in the oven to sauté.
- Peel the tomatoes and eggplant and cut into cubes along with the zucchini. Place in a bowl together with the sautéed squid and mix well. Set aside for serving later.
- Preheat a casserole dish, drizzle in olive oil and sauté the squid strips.
- Plate the spaghetti in the form of a nest. Fill the center with vegetables and top with sautéed squid strips and a drizzle of garlic and parsley olive oil.

