COOKED ASPARAGUS, RADICCHIO AND BABY SQUID SALAD WITH BALSAMIC VINEGAR DRESSING AND CRISPY PLANTAIN

Categoria: Side dishes **Tempo di preparazione:** 20 minutes **Difficoltà:** facile

Ingredienti per 4

- 1 green banana or plantain
- 500 g asparagus
- 100 g radicchio
- 200 g cleaned baby squid
- 1 clove of garlic
- chili pepper, to taste
- 1 anchovy fillet
- balsamic vinegar, to taste
- extra virgin olive oil, as needed
- pepper, to taste

A simple but unusual and exotic salad to serve as a one-dish meal on hot summer days, for a light but bold meal.

Difficulty: **easy**
Cost**: moderate**
Preparation time**: 20 minutes**
Serve: **4**

Method

Take a green banana or a plantain, cut it with a vegetable peeler and make strips of 2mm each. Fry them at 250° C in extra virgin olive oil.

Boil the asparagus in salted water.

Sear the radicchio briefly on a grill.

Sauté the baby squid in a frying pan with the garlic and chili pepper, add the anchovy fillet to give a boost to the dish. Once cooked, compose the dish: put the asparagus on a plate, place the squid on top and the seared radicchio and dress with a few drops of balsamic vinegar and extra virgin olive oil. Enjoy!