



BROCCOLI RABE WITH SQUID

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

Ingredienti per 4

- 500 g cleaned broccoli rabe
- 2 cloves of garlic
- 2 red chili peppers
- 600 g cleaned squid
- ½ glass of white wine
- salt, to taste
- extra virgin olive oil, as needed

This delicious dish can be served as a side dish or a meal if accompanied by toasted country or sourdough bread

Difficulty: **easy**

Cost: **moderate**

Preparation time: **20 minutes**

Serves: **4**

Method

Wash the broccoli rabe, boil and drain. Cut off the top of 1 chili pepper carefully, keeping it to one side for the garnish, and chop the rest.

Sauté 1 clove of garlic and the chili pepper in extra virgin olive oil. Add the broccoli rabe and cook over a high heat for a few minutes.

In the meantime, cut the squid into 5 cm long strips. Sauté them in extra virgin olive oil with the other garlic clove over a medium heat for 5 minutes. Cut the top off the second chili pepper carefully for the garnish. Arrange the broccoli rabe on the plate, place the squid on top and garnish with the two ends of the chili pepper.

