

Sauteèd squilla mantis shrimps and prawns

Preparation time: 30 min

Difficulty: Easy

Ingredients

• Basil: to taste

• Black pepper: to taste

• Fresh and cleaned squilla mantis shrimps: 12

Fresh prawns: 20
Parsley: to taste
Salt: to taste
White onion: ½



Preparation

Sauté the chopped onion in an drizzle of oil, then add the prawns and squilla mantis shrimps previously cleaned and cut into pieces.

Add the **Pomì Organic Chopped Tomatoes** previously sifted and cook for about 10 minutes.

Adjust salt and pepper.

Serve the sauté by adding parsley and fresh basil.

For this recipe we used:

Organic Chopped Tomatoes 7 oz.

