

# 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.

