



## Pseudo-gazpacho with julienne of squid curry

### Ingredients

2 fresh squid 1 box of CIRIO chopped tomatoes 2 zucchini 1 red onion  
curry basil dill thyme parsley extra virgin olive oil salt black pepper

### Preparation

1. Divide along the length of the squid into two halves to have thin strips
2. Put them to marinate with a drizzle of extra virgin olive oil, salt, a teaspoon of curry, thyme, parsley and basil for 15 minutes
3. Cut the onion into thin slices and soak it in water with a little apple cider vinegar for 20 minutes
4. Put in a blender immersion Chopped tomatoes with the extra virgin olive oil, salt, black pepper and dill
5. With the help of the peeler remove the peel of the zucchini
6. Divide the individual husks into three parts and then each into very thin strips, which season it with a drizzle of extra virgin olive oil and salt
7. Heat a non-stick pan, remove the herbs from marinade and sautéed squid in 2 minutes, adjusting for salt if necessary Serve by placing the bottom of the tomato, zucchini and then covering with the squid
8. Finish off the dish with a few pieces of red onion and basil, cut into thin strips

