

A tavola con

Maximilian I

by *Meryia Beni Jodi*

Linguine with cuttlefish and bell peppers

Linguine with cuttlefish and bell peppers is a colourful and delicious first course. Those who have little time available will love this simple dish.

Ingredients:

200g linguine
5 defrosted cuttlefish
1 red bell pepper
Sufficient extravirgin olive oil
2-3 tbsps chopped parsley
1 clove garlic
Sufficient salt

Procedure:

1. Clean the cuttlefish, discard beak, and slice into thin strips
 2. Slice the pepper into thin strips.
 3. Boil salted water and add the pasta.
 4. Cook the cuttlefish, with a bit of olive oil, in a frying pan on high heat for 3-4 minutes. Then remove and set aside.
 5. Brown the clove of garlic in the same pan. Add the pepper slices and cook for a few minutes. Mix everything thoroughly in a blender, then continue cooking, on low heat, periodically adding some water from the pasta.
 6. A minute before draining the pasta, add the pepper and cuttlefish sauce, the chopped parsley, and a drizzle of olive oil.
 7. Drain the pasta, then toss for a minute with the sauce to integrate all the ingredients.
- Plate and serve.

Note

- Some do not like pieces of pepper skins in the sauce. To remedy this, roast the whole pepper in the oven and then peel it.
- Cuttlefish should be cooked very briefly, otherwise they tend to become hard and/or gummy.