

Sicilian-style Stuffed Squid

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-stuffed-squid-italian-style>

Ingredients:

- 1 tablespoon olive oil plus more for drizzling
- 1/2 onion
- 1 clove garlic
- 5 ounces chard
- 5 leaves
- 3 anchovy fillets
- 1 tablespoon capers
- 1/2 teaspoon fennel seeds crushed with a pestle and mortar
- 3 tablespoons pine nuts lightly toasted if possible, not essential
- 3 tablespoons golden raisins or sultanas
- 2 tablespoons pecorino romano
- 7 grams Parmesan cheese
- 1 ounce fresh bread crumbs 30g, 1 small slice
- 4 squid cleaned, skins removed etc, ask your fishmonger so you have the main body plus the tentacles, or 6 if small
- fresh parsley
- lemon juice

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 140 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 330 milligrams
9. Sugar: 5 grams

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