

## Spaghetti with squid and courgettes *(Pasta & rice main dishes)*



### Preparation

Clean and wash the squid thoroughly, removing its entrails and any residues of sand. Cut them into pieces. Blanch the tomatoes, peel, remove seeds and cut into strips. Wash and slice the courgettes. Take a frying pan and gently brown a clove of garlic in a little olive oil. Add the squid, sauté briefly, then pour in the brandy and simmer to reduce the alcohol. Add the tomatoes, simmer for a few minutes, then the courgettes. Turn the heat to high and cook the courgettes but keeping them crunchy. Add salt if necessary. Cook the spaghetti and toss with the sauce, adding a drizzle of olive oil and a sprinkling of pepper.

### Tips

If you need to freeze your squid, you can put them in special bags for the freezer first eliminating all their water.

### Trivia

'Totani' closely resemble squid. But while 'totani' has a red colour, the squid's colouring is rather less vibrant.

### Information

**Preparation** 25 minutes

**Total Time** 10 minutes

**Serves X** Serves 2 persons

**Level of difficulty** Easy

## la terra di Puglia



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### Ingredients

**Spaghetti** 250 grams

**Squid** 400 grams

**Courgettes** (Two small courgettes)

**Tomatoes** (Four blanched tomatoes )

**Oil**

**Garlic** 1 clove

**Salt**

**Pepper**

**Brandy**

**Parsley**