

Stuffed squid with bulgur and quinoa

Ingredients

- 3-4 large cleaned squids
- **50g Balsamico Sauce (Art. 55053)**
- **150g Tomato Saganaki Mise en Place Sauce (Art. 55752)**
- **20g Sun-Dried Tomato Pesto (Art. 55654)**
- **1 tbsp Garlic Paste (Art. 55014)**
- 50g quinoa
- 100g bulgur
- 1 zucchini
- 1 Florina pepper
- 50g crumbled feta cheese
- 1 tbsp finely chopped fresh mint
- 1 tbsp finely chopped fresh dill
- ½ glass of white wine
- 200g water
- 50g olive oil

Cooking instructions

1. In a saucepan, sauté the diced pepper and zucchini, then add the white wine, Saganaki Sauce, and Sun-dried Tomato Pesto.
2. Add the bulgur, quinoa, and water. Boil for 5 minutes, then remove from heat and add the herbs and feta cheese.
3. Once the filling has cooled, stuff the squid and close with a toothpick. Place in a baking dish, drizzle with olive oil, and season with salt and pepper.
4. Bake in a hot oven for 15 minutes. Before serving, caramelize in a grill pan with the Balsamic Sauce. Serve ideally with a green salad.