

# P · R · I · M · V · S

## FUSILI PASTA SALAD WITH VEGETABLES AND SQUID

TIME: 25 M

LEVEL: EASY

### INGREDIENTS

Servings 4

320 g PRIMVS FUSILI IGP

2 carrots

2 zucchini

2 artichokes

2 squids

bunch of aromatic herbs

PRIMVS OLIO EXTRA VERGINE DI OLIVA IGP

lemon juice

salt

white pepper



15 minutes preparation + 10 minutes cooking

Put a pan of water onto the heat. Wash the carrots and scrape them. Clean the zucchini and dry them. Remove the tougher outer leaves from the artichokes. Cut them in half lengthwise and eliminate the "hay" to be found in the center. Julienne cut them and put to soak in water acidulated with lemon juice to avoid them turning black. Julienne cut the carrots and zucchini too. Clean the squid removing the skin from the sac and separating the tentacles from the body, and then eliminate the entrails and the transparent inner cartilage "pen". Remove the beak located in the center of the tentacles and also the eyes. Then cut into very thin strips. When the water boils, salt and toss in the PRIMVS FUSILI IGP. Five minutes from the end of cooking, add the vegetables to the water containing the PRIMVS FUSILI IGP. Stir and cook for 3 minutes, then last of all, add the squid. Check that the PRIMVS FUSILI IGP is "al dente", drain, and transfer everything to a steel tray to let it cool. Dress with PRIMVS OLIO EXTRA VERGINE DI OLIVA IGP, lemon, salt and white pepper. Serve on a bed of fresh Swiss chard.