



# Calamari Bruschetta

15 minutes

Hands on

2-4

Portion(s)

1

Difficulty



## Ingredients

For the calamari

- 120 g French baguette
- 4 tablespoon(s) olive oil
- salt
- pepper
- 900 g squids, cleaned
- 1 vegetable bouillon cube

For the pesto sauce

- 50-70 g olive oil
- 2 clove(s) of garlic
- 50-80 g rocket
- 1/4 bunch basil
- 2-3 sprig(s) rosemary, only the leaves
- 1 vegetable bouillon cube

To serve

- 2 lemons
- thyme

## Method

For the calamari

- Preheat oven to 180\* C (350\* F) Fan.
- Cut the baguette into slices and place in a [baking pan](#) one slice next to the other. Drizzle with 2 tablespoons olive oil and season with salt and pepper.
- Bake for 4-5 minutes, until crunchy.
- Place a [pan](#) over high heat and let it get hot.
- Cut the calamari into 1 cm slices. Pat dry with paper towels.
- Drizzle with the remaining olive oil and separate into 3 batches.
- Sauté the first batch for 2-4 minutes until golden and add the juice from ½ a lemon.
- Remove from pan, transfer to a serving bowl and wipe the pan with paper towels.
- Sauté the remaining 2 batches in the same manner.

For the pesto sauce

- Beat the olive oil and garlic in a food processor until the garlic breaks down completely.
- add the rocket, basil, rosemary leaves and bouillon cube. Beat for 2 minutes until a paste is created.
- When ready, add it to the bowl with the calamari.
- Mix thoroughly and spread the calamari slices over the bruschetta.
- Garnish with thyme tips and serve with lemon wedges.

## Διατροφικός πίνακας

Nutrition information per portion

444 Calories (kcal)	21.0 Total Fat (g)	3.8 Saturated Fat (g)	24.0 Total Carbs (g)
22%	30%	19%	9%
1.6 Sugars (g)	39.0 Protein (g)	1.9 Fibre (g)	1.5 Sodium (g)
2%	78%	8%	25%