



Spanish squids

For 4 people

■ 1,1lb of prepared squids, 1 large onion, 0,88lb of crushed tomatoes, 2 cloves of garlic, olive oil, salt and pepper.

■ Peel and cut the garlic and onion.

■ Cook slowly squids in a fried pan with olive oil garlic, tomatoes and onion, during 30 minutes.

