



## INGREDIENTS

2 TBSP of olive oil  
1 chopped sweet onion  
3 garlic cloves  
1 cup of dried ricotta  
1 cup of Feta cheese  
1 cup of Parmigiano-Reggiano  
1 scrambled egg  
½ cup of chopped fresh dill  
½ cup of fresh mint  
Zest of 1 lemon  
1 TSP of red pepper corns  
2 TBSP of bread crumbs  
6 large Squid  
2TBSP of olive oil



## CHEESE FILLED SQUID

By Caterina Romano's kitchen

## DIRECTIONS

1. Heat the olive oil in a frying pan over medium-high heat. Add the onions and cook until tender.
2. Cook the garlic cloves for 1 minute and then remove and discard.
3. Season with sea salt. Set aside and allow it to cool down.
4. In a large glass bowl combine the three cheeses and egg.
5. Add the dill, mint, zest of lemon, pepper corns and bread crumbs. Mix until well combined.
6. Now add the cooked and cooled onions and mix.
7. Stuff the inside of the squid with the cheese mixture. Using toothpicks, close the opening of the stuffed squid.
8. Heat the oil in a frying pan over medium-high heat. Add the squid and cook for 5 minutes on each side.
9. Serve while hot.

**ENJOY THE CHEESE FILLED SQUID**