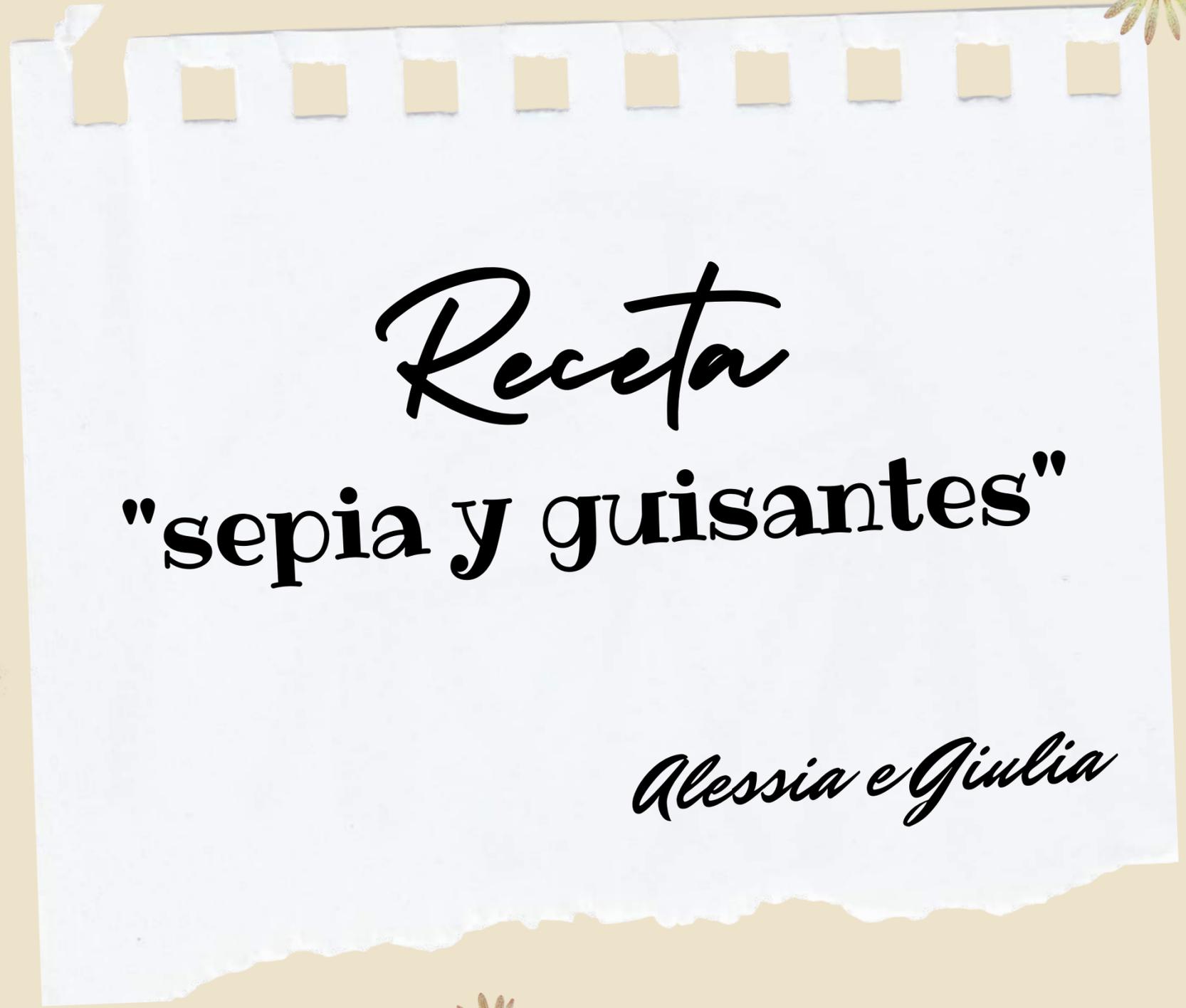




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Receta

"sepia y guisantes"

Alessia e Giulia



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 a long and complicated legal
 any based in Dingle, which had acquired
 of the land, and the Irish government
 Charles Haughey, the owner of Inis
 establish a national park. The issue
 Court as I crossed on that first
 future was unclear. There were
 ought back to life anyway, I had



Ingredientes

- 700 g de sepia
- 250g de guisantes
- 200ml de salsa de tomate
- media cebolla
- aceite de oliva virgen extra
- sal
- pimienta
- Vino blanco



¡Vamos!



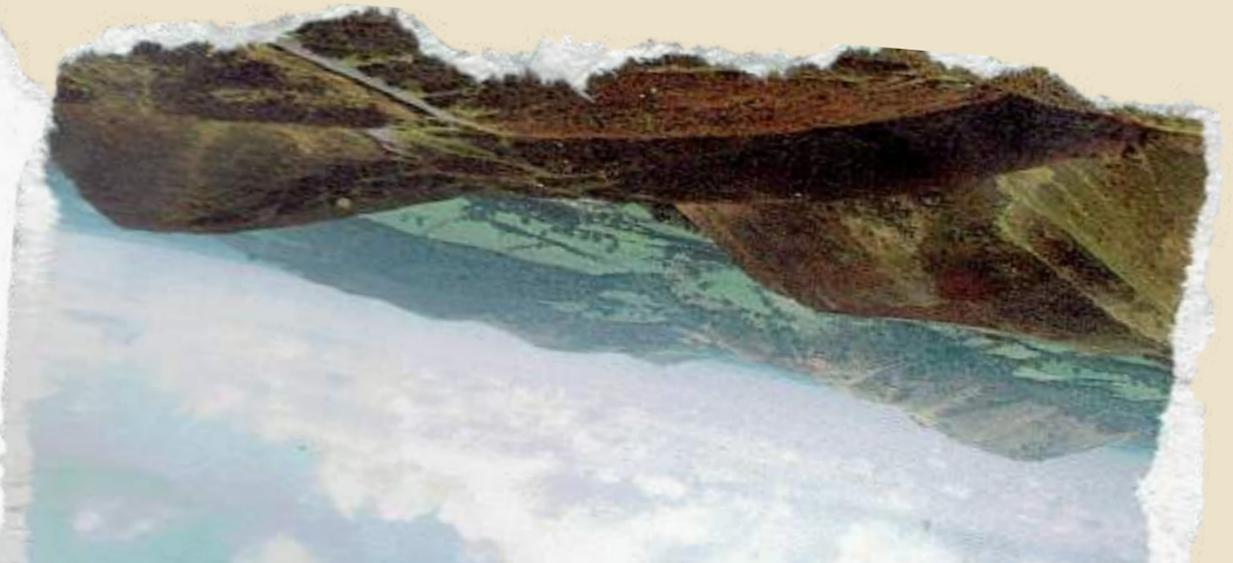
1

Primer paso

Cortar la cebolla y ponerla en una sartén con un poco de aceite.



perfect





2

Segundo paso

A continuación añadir la sepia y desglasar todo con vino blanco.



3

Terzera paso

Luego agregar los guisantes, cocinar por 10 minutos y agregar la salsa de tomate.





4



Cuarto paso

Agregar sal y pimienta. ¡Cocinar durante unos 20 minutos y finalmente servir en la mesa!

