



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Squid with coconut and lemon**

**Suggestions:** a quick and flavoursome dish for early summer days when you want something with the flavour of the sea. It is full of minerals: zinc, manganese, copper, selenium, iron, magnesium and phosphorus and B12 and riboflavin (B2).

### **Instructions**



Fry in some extra virgin olive oil some onion and garlic which you have chopped finely. Add the squid that you have cleaned and cut in rings, some finely chopped lemon zest and some coconut cream.

black



pepper



sea salt



Add some freshly ground black pepper and let it cook at medium heat for a while, then add some lemon juice and sea salt.



Thyme



Once the sauce gets too dry add some coconut milk and let it cook until the squid is soft. Add some fresh thyme, cover it with a lid and switch the cooker off. Serve with some more black pepper freshly ground on top.



If you like this recipe, I would like to read your comments!  
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