

# LULAS GUIADAS COM BATATAS



Category: Fish and meat  
main courses

Created: on 2015-03-31  
Qualified by: Supercook PT  
Suggested by: Ideias  
Marcianas  
Total preparation time:  
50:06 Minutes

Suitable for machine:

- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC380
- Supercook SC400

## INGREDIENTS FOR 6 SERVES

<b>1 kilo</b>	squids
<b>1</b>	onion
<b>2 clove</b>	garlic
<b>3 tablespoon 15ml</b>	olive oil
<b>100 gram</b>	tomato paste
<b>50 milliliter</b>	white wine
<b>Qb</b>	salt
<b>Qb</b>	pepper
<b>Qb</b>	oregãos
<b>1 kilo</b>	potatoes
<b>1 leaf</b>	bay leaf

## STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).