

## LULAS RECHEADAS



Category: Fish and meat  
main courses

Created: on 2015-03-31  
Qualified by: Supercook PT  
Suggested by: Ideias  
Marcianas  
Total preparation time:  
55:30 Minutes

Suitable for machine:

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

### INGREDIENTS FOR 4 SERVES

<b>1 kilo</b>	lulas limpas com tentáculos
<b>RECHEIO</b>	PASTA dressing
<b>100 gram</b>	bacon
<b>1</b>	onion
<b>2 clove</b>	garlic
<b>1</b>	ripe tomatoes
<b>40 milliliter</b>	olive oil
<b>10 gram</b>	parsley
	tentáculos das lulas
<b>4 tablespoon 15ml</b>	pão ralado
<b>MOLHO</b>	PASTA dressing
<b>1</b>	onion
<b>4</b>	dentes de alho
<b>60 milliliter</b>	olive oil
<b>1 tablespoon 15ml</b>	oregãos
<b>240 gram</b>	crushed tomatoes
<b>50 milliliter</b>	white wine
<b>400 milliliter</b>	water
<b>Qb</b>	salt
<b>Qb</b>	pepper

## STEP BY STEP - PREPARATION

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