

# THE SEA AND THE MOUNTAINS, MY TREASURES



## INGREDIENTS FOR 4 PORTIONS

- 400g Bouquet of Sautéed Mushrooms
- 400g cuttlefish
- 200g white almonds
- q.s. salt
- q.s. pepper
- q.s. parsley

## METHOD

- Chargrill the cuttlefish and cut into julienne. Mix the cuttlefish with the Demetra mushrooms.
- Add a pinch of salt and pepper, a little parsley and arrange on a plate.
- Shave the almonds over the top.

## PRODUCTS IN THIS RECIPE



Bouquet of Sautéed Mushrooms