**EUROPEAN SQUID WITH ARTICHOKE**

**THE INGREDIENTS:**

**- 200 grams of European squid**

**- 4 artichokes**

**- 1 onion**

**- 1garlic**

**- 200 ml oil**

**-salt**

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**PREPARIATION:**

**1- Fry the artichoke with oil and salt for ten minutes.**

**2-Add the European Squid and fry everything for another ten minutes.**

**3- Put the onion and the garlic, then, cook for 15 minutes.**

**4- Put the European Squid with artichoke on a plate.**

**Lourdes Vea Lladser**