

## Pasta with Calamari Ingredients

- 400g / 14 oz spaghetti, linguini or other pasta of your choice
- 500g / 1 lb baby calamari, cleaned and chopped in small pieces
- 2-3 cloves of garlic, peeled and crushed
- extra virgin olive oil
- 1/2 cup white wine
- 200g / 7 oz cherry or grape tomatoes, chopped in small pieces
- 2-3 sprigs of fresh parsley, finely chopped
- a pinch of red pepper flakes
- salt and pepper