



UCOOK

Lemon & Za'atar Crumbed Squid

with roasted carrots & a lemony-yoghurt


There's nothing quite like crispy fried squid to kick a seafood craving to the curb. We've given it a UCOOK twist by adding Za'atar to the golden crumb. Accompanied by sweet carrot wedges and a lemony-yoghurt dip. Next level yummy!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
10ml	NOMU Roast Rub
30ml	Low Fat Plain Yoghurt
15ml	Lemon Juice
20g	Salad Leaves <i>rinsed</i>
150g	Squid Heads & Tubes
30ml	Cake Flour
60ml	Spice & Crumbs <i>(50ml Panko Breadcrumbs & 10ml Za'atar Spice)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel

1. KEEP CALM AND CARROT ON Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. SO ZESTY, BESTIE In a small bowl, combine the yoghurt, a ¼ of the lemon juice, and seasoning. Set aside. In a separate bowl, dress the rinsed salad leaves with a drizzle of oil and seasoning. Set aside.

3. YOU'VE GOTTA BE SQUIDDING ME Cut the squid in half lengthwise and pat dry with paper towel. Place in a bowl along with ½ the flour and seasoning. Toss until coated. In a shallow dish, whisk 1 egg with ½ a tsp of water. In a second dish, combine the spice & crumbs and the remaining flour.

4. OTHER FISH TO FRY Dip the squid in egg first, then coat in the spice & crumbs mixture. Shake off any excess crumb. Place a deep pot over medium-high heat with 4-5cm of oil. When hot, carefully lower the crumbed squid into the hot oil and fry for 2-3 minutes or until golden and cooked through. Drain on paper towel and season.

5. GRAB THE NAPKINS! Plate up the roasted carrot wedges. Serve with the golden crumbed squid and the dressed salad leaves. Drizzle the remaining lemon juice over the squid. Side with the lemony-yoghurt for dunking. Look at you, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the squid? Place the crumbed squid in an even layer in the basket, drizzle with oil, and cook for 5-6 minutes at 200°C.

Nutritional Information

Per 100g

Energy	357kJ
Energy	85kcal
Protein	6.4g
Carbs	14g
of which sugars	2.6g
Fibre	2g
Fat	0.7g
of which saturated	0.2g
Sodium	134mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Shellfish/Seafood

Cook
within 1
Day