



QCOOK

Fryer's Cove Squid Risotto

with fresh chives

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Fryer's Cove

Wine Pairing: Fryer's Cove | Fryers Cove Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	570kj	2744kj
Energy	136kcal	656kcal
Protein	6.9g	33g
Carbs	20g	95g
of which sugars	3g	14.3g
Fibre	1.2g	5.7g
Fat	2.7g	12.9g
of which saturated	1.4g	6.9g
Sodium	221mg	1065mg

Allergens: Sulphites, Shellfish, Cow's Milk, Alcohol, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	Chicken Stock
1	1	Onion <i>peel & finely dice ½ [1]</i>
30ml	60ml	Tomato Paste
5ml	10ml	Dried Chilli Flakes
20ml	40ml	White Wine
100ml	200ml	Risotto Rice
30ml	60ml	Crème Fraîche
150g	300g	Squid Heads & Tubes
10ml	20ml	Lemon Juice
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. **SOME PREP** Boil the kettle. Dilute the stock with 400ml [800ml] of boiling water.

2. **RISOTTO BASE** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the tomato paste and chilli flakes (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Deglaze the pot with the wine and mix in the risotto rice. Reduce the heat to medium, add a ladleful of the stock, and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of the stock when the previous one is fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes. Mix in a knob of butter (optional) and the crème fraîche. Remove from the heat and season.

3. **GRILLED SQUID** Rinse the squid to remove any residue from the packet and pat dry with paper towel. Place a pan or grill pan over high heat with a drizzle of oil. When hot, sear the squid until lightly charred, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and season.

4. **DINNER IS READY** Make a bed of the risotto, top with the grilled squid, and drizzle over the lemon juice (to taste). Garnish with the chives and cheers, Chef!

Chef's Tip Pat the squid dry before frying to prevent excess moisture in the pan, ensuring it sears and browns instead of boiling.