



# UCOOK

## Haute Cabrière Curry-Dusted Calamari

with garlic aioli & smashed avocado

There is nothing quite like deliciously crispy curry-flavoured fried calamari. The squid is only elevated by That Mayo garlic aioli and a creamy roasted baby potato salad. Freshness oozes from the smashed avocado and sliced spring onions. Crispy onion pieces add a lovely crunch. So much texture. So much flavour. Plenty to satisfy the taste buds.

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Easy Peasy

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 Haute Cabrière | Chardonnay Unwooded

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## Ingredients & Prep

250g	Baby Potatoes <i>rinsed &amp; halved</i>
1	Avocado
1	Spring Onion <i>finely sliced</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
22,5ml	That Mayo (Garlic)
40g	Peas
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
30ml	Crème Fraîche
150g	Squid Heads & Tubes
125ml	Cake Flour
5ml	Medium Curry Powder
20ml	Crispy Onions

## From Your Kitchen

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

**1. CRISPY 'TATOES** Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

**2. SO FRESH & GREEN** Boil the kettle for step 3. Halve the avocado and set aside the half containing the pip for another meal. Scoop the flesh out into a bowl and roughly smash. Add ¾ of the sliced spring onion, and seasoning to taste. Squeeze over some lemon juice, mix to combine and set aside. Loosen the garlic mayo with some lemon juice and season.

**3. SO SO GREEN!** Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and set aside. In a separate bowl, place the shredded green leaves. Drizzle over oil and season. Toss to combine and set aside.

**4. SALAD VIBES** Once the potatoes have finished roasting, smash each one down with a fork to roughly break them up and then place them into a bowl. Add the crème fraîche and the plumped peas and mix well until evenly coated and combined. Season and set aside for serving.

**5. CURRY CALAMARI** Slice the squid tubes into 1cm rings and pat dry with paper towel. In a large bowl, combine the flour and a good amount of seasoning, then add the calamari pieces and dust well. Remove the calamari pieces making sure to shake off any excess flour. Heat a pot filled with 3-5cm of oil. Once hot, drop in the pieces of coated calamari and fry for 2-3 minutes until golden brown. Carefully remove from the oil and drain on paper towel. In a shallow bowl, combine the curry powder with a pinch of salt. Toss through all the fried squid until evenly coated.

**6. 'SEA' HOW GOOD** Spoon the avocado mixture on the plate, top with the crisp calamari, ensuring a mix of heads and tubes. Dish up some creamy potato salad and generously dollop the garlic aioli around the plate and over the squid. Garnish with scatterings of crispy onions and the remaining spring onion slices. Side with the leafy greens and any remaining lemon wedges. Well done, Chef!



## Chef's Tip

Not sure if your oil is hot enough for perfect crispy results? Test a piece of the batter and drop it into the oil, if it fries immediately then you're golden!

## Nutritional Information

Per 100g

Energy	635kJ
Energy	152Kcal
Protein	6g
Carbs	19g
of which sugars	1.7g
Fibre	2.4g
Fat	5.6g
of which saturated	2g
Sodium	55mg

## Allergens

Egg, Gluten, Dairy, Allium, Shellfish, Wheat, Sulphites

Cook  
within 1  
Day