



UCOOK

Calamari & Chipotle Tartar Sauce

with **crispy potato wedges**

Want to instantly feel like you're on vacation, Chef? Then this is the seafood dish for you. And if you've never made calamari, don't worry - your plate will look i-tentacle to a restaurant dish: perfectly pan-fried calamari is drenched in butter & lemon juice, joined by crispy potato wedges and a smoky & spicy tartar.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Suné van Zyl

Adventurous Foodie

 Bertha Wines | Bertha Sauvignon Blanc 2023

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Ingredients & Prep

400g	Potato <i>rinse & cut into wedges</i>
40ml	Mayo
10ml	Lemon Juice
5ml	Ground Paprika
10g	Chipotle Chillies In Adobo <i>drain & roughly chop</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
150g	Squid Heads & Tubes
40ml	Spiced Flour <i>(30ml Cornflour & 10ml NOMU Seafood Rub)</i>

From Your Kitchen

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

1. YOU HAD ME AT WEDGES Preheat the oven to 220°C. Place the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway).

2. SMOKY TARTAR In a small bowl, combine the mayo, the lemon juice (to taste), the paprika, the chopped chillies (to taste), ½ the chopped parsley, and seasoning. Loosen with a splash of water. Set aside.

3. CHARRED CALAMARI Rinse the squid to remove any residue from the packet. Cut the squid in half lengthwise and pat dry with paper towel. Toss with the spiced flour until coated. Place a pan or grill pan over high heat with 2-3 cm of oil covering the base. When hot, shallow fry the squid until golden and crispy, 1-2 minutes per side. Drain on paper towel and season.

4. PLATE UP Plate up the fried calamari. Side with the crispy potato wedges. Garnish with the remaining parsley. Serve with the chipotle tartar for dunking. Delicious work, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	493kj
Energy	118kcal
Protein	5.6g
Carbs	16g
of which sugars	1.5g
Fibre	2g
Fat	3.9g
of which saturated	0.4g
Sodium	136mg

Allergens

Allium, Sulphites, Cow's Milk, Shellfish

Eat
Within
1 Day