



UCCOOK

White Wine & Squid Spaghetti

with crème fraîche

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	524kJ	3327kJ
Energy	125kcal	796kcal
Protein	6.6g	41.7g
Carbs	17g	109g
of which sugars	3.2g	20.1g
Fibre	1.8g	11.2g
Fat	2.7g	17.3g
of which saturated	1.5g	9.6g
Sodium	23mg	144mg

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

Spice Level: Moderate

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Spaghetti
150g	300g	Squid Heads & Tubes
1	1	Onion <i>peel & finely dice ½ [1]</i>
120g	120g	Carrot <i>trim, peel & finely dice</i>
10ml	20ml	Tomato Paste
10ml	20ml	Dried Herb Mix <i>(5ml [10ml] Dried Thyme & 5ml [10ml] Dried Oregano)</i>
20ml	40ml	White Wine
50ml	100ml	Tomato Passata
40ml	80ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and return to the pot. Toss through a drizzle of olive oil.

2. FIRST THINGS FIRST Rinse the squid to get rid of the residue and pat dry with paper towel. Slice into 1cm pieces. Set aside.

3. CHAR IT, CHEF! Place a deep pan over high heat with a drizzle of oil. When hot, fry the squid pieces until charred and cooked through, 1-2 minutes (shifting as they colour). Remove from the pan, drain on paper towel and set aside.

4. CREATE THE BASE Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. Add the onion and the carrot and fry until soft, 4-5 minutes (shifting occasionally).

5. ENTER THE RAGU When the onion & carrot are soft, add the tomato paste and the dried herb mix (to taste). Fry until fragrant, 30-60 seconds (shifting constantly). Add the wine and cook until almost all evaporated, 1-2 minutes. Pour in the tomato passata and 100ml [200ml] of water and simmer until slightly thickened, 4-5 minutes (stirring occasionally).

6. BRING IT ALL TOGETHER When the ragú is done, remove from the heat and add the cooked pasta, the crème fraîche, seasoning, and a sweetener (to taste). Loosen with the reserved pasta water if too thick.

7. ALL DONE! Plate up the delicious ragú. Scatter over the squid and tuck in, Chef!

Chef's Tip The quill is found in the squid tubes and looks like a long piece of plastic. To remove it, simply grab it and pull it out slowly.