

UCOOK

Spicy Squid Salad

with pickled cucumber & sweet chilli mayo

Grilled squid lies on a bed of salad leaves and carrot matchsticks. Drizzled with a ginger-sriracha & lime dressing, all topped with pickled cucumber, a sweet chilli mayo drizzle, and toasted sesame seeds.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

Adventurous Foodie

Paul Cluver | Village Chardonnay

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Ingredients & Prep

15ml	Rice Wine Vinegar
100g	Cucumber <i>rinse & cut into thin matchsticks</i>
10g	Fresh Ginger <i>peel & grate</i>
15ml	Spicy Lime Dressing <i>(10ml Sriracha Sauce & 5ml Lime Juice)</i>
50ml	Sweet Chilli Mayo <i>(30ml Mayo & 20ml Sweet Chilli Sauce)</i>
5ml	Black Sesame Seeds
150g	Squid Heads & Tubes <i>quills removed (see Chef's Tip)</i>
40g	Salad Leaves <i>rinse</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. PICKLE TIME Place the rice wine vinegar, 1 tbsp of water, and 1 tsp of sweetener in a bowl. Toss through the cucumber matchsticks and set aside to pickle.

2. LET'S PREP In a bowl, combine the grated ginger, the spicy lime dressing and seasoning. Set aside. Loosen the mayo with water in 5ml increments until drizzling consistency.

3. TOASTY SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHAR-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. Remove from the pan and season.

5. TOSS TOGETHER In a salad bowl, toss together the salad leaves and the carrot matchsticks. Drain the pickling liquid from the cucumber.

6. A SALAD OF DREAMS Top the salad with the pickled cucumbers and the charred squid. Drizzle over the ginger dressing (to taste) and some sweet mayo, and garnish with the toasted sesame seeds.



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.

Nutritional Information

Per 100g

Energy	316kJ
Energy	76kcal
Protein	5.7g
Carbs	11g
of which sugars	2.9g
Fibre	1.2g
Fat	3.1g
of which saturated	0.4g
Sodium	89mg

Allergens

Egg, Allium, Sesame, Sulphites, Shellfish

Eat
Within
1 Day