



UCOOK

Scrumptious Squid Paella

with piquanté peppers & fresh parsley


This dish is a fun & easy twist on traditional paella. It features squid as the protein, served with a delicious sauce of tomatoes, Spanish aromatics, and golden wine. Piquanté peppers & peas are added for a pop of acidity & brightness. A true crowd pleaser and perfect for sharing with friends and family.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Paserene | Bright Chardonnay

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Spanish Rub
15ml	Tomato Paste
32,5ml	Golden Wine <i>(2,5ml Ground Turmeric & 30ml White Wine)</i>
100ml	Risotto Rice
100g	Cooked Chopped Tomato
50g	Peas
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10ml	Lemon Juice
150g	Squid Heads & Tubes
20g	Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. SO SOFRITO! Boil a full kettle. Place a pan, big enough for the paella, over medium heat with a drizzle of oil. When hot, fry the diced onion until soft and browned, 4-5 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting occasionally). Pour in the golden wine and cook until almost evaporated, 1-2 minutes.

2. FLAVOURFUL RICE When almost all of the wine has evaporated, stir through the rice. Fry until combined, 1-2 minutes. Add the cooked chopped tomato and mix until combined. Slowly pour in 350ml of boiling water. Bring to a boil, reduce the heat to low, and simmer until the rice is al dente and all the liquid has been absorbed, 15-20 minutes. If the rice is still undercooked, add an extra splash of water and simmer until al dente.

3. KEEP IT LEMONY Once the paella is cooked, add the peas, ½ the chopped parsley, the lemon juice (to taste), a sweetener, and seasoning. Remove from the heat, cover with tinfoil, and steam, for 5-8 minutes.

4. SIZZLING SQUID Rinse the squid to remove any residue. Pat dry with paper towel. Cut into bite-sized pieces. Place a pan or griddle pan over high heat with a drizzle of oil. When hot, sauté the squid until cooked through and charred, 1-2 minutes per side. Lightly season.

5. INDULGE YOUR SENSES Dish up the paella. Scatter over the seared squid and the chopped piquanté peppers. Garnish with the remaining chopped parsley. Stunning, Chef!

Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	6.4g
Carbs	19g
of which sugars	3.6g
Fibre	2g
Fat	0.6g
of which saturated	0.1g
Sodium	145mg

Allergens

Allium, Sulphites, Alcohol, Shellfish

Cook
within 1
Day