



U C O O K

— COOKING MADE EASY

Stress-Free Squid Paella

with smoked paprika, baby tomatoes & green olives

An easy, speedy spin on the Spanish classic. Flavours of the Med Sea swirl through golden turmeric rice: crisp, pan-fried squid, garden peas, fresh parsley, white wine, lemon, and blistered baby tomatoes.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

300ml	Brown Basmati Rice
5ml	Turmeric Powder
480g	Squid Heads & Tubes
2	Lemon <i>zested & cut into wedges</i>
40ml	Vegetable Stock
2	Onion <i>peeled & diced</i>
4	Garlic Clove <i>peeled & grated</i>
800g	Baby Tomatoes <i>rinsed & halved</i>
20ml	Smoked Paprika
160g	Pitted Green Olives <i>drained & roughly chopped</i>
120ml	White Wine
160g	Peas
20g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN RICE Rinse the rice and place in a pot with the turmeric. Submerge in 800ml of salted water and stir through. Place over a medium-high heat and pop on a lid. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

2. SAUTÉ THE SQUID Boil the kettle. Rinse the squid to get rid of any residue from the packet and pat dry with some paper towel. Place a large, deep pan for the paella over a high heat with a drizzle of oil. When hot, sauté the squid for 5-6 minutes until cooked through and starting to brown. Transfer to a bowl on completion. Toss through some seasoning and lemon zest to taste, reserving some for the paella. Dilute the stock with 80ml of boiling water.

3. SPEEDY PAELLA When the rice has 10 minutes remaining, return the pan to a medium heat with another drizzle of oil. When hot, fry the diced onion for 6-7 minutes until soft and translucent, shifting occasionally. Add the grated garlic and halved baby tomatoes, and fry for another minute until fragrant. Stir in the diluted stock, smoked paprika, chopped olives, white wine, and some lemon zest to taste. Simmer for 4-5 minutes, stirring continuously, until reduced and sticky. On completion, add in the cooked squid and stir through until coated and reheated.

4. FINISHING TOUCHES Keeping the pan over the heat, add in the cooked turmeric rice, the peas, three-quarters of the chopped parsley, and a squeeze of lemon juice. Stir for about a minute until combined. Season to taste and remove the pan from the heat.

5. TIME TO TUCK IN! Dish up a pile of steamy, speedy squid paella. Sprinkle over the remaining fresh parsley and garnish with a lemon wedge. Disfrute de su comida! Enjoy your meal!



Chef's Tip

Fry the squid in batches if necessary to avoid overcrowding the pan, or you could end up with mushy or tough squid instead of crispy squid!

Nutritional Information

Per 100g

Energy	410kj
Energy	98Kcal
Protein	5.1g
Carbs	15g
of which sugars	1.4g
Fibre	2.7g
Fat	1.9g
of which saturated	0.3g
Sodium	319mg

Allergens

Allium, Shellfish, Sulphites, Alcohol

Cook
within 1
Day