



UCCOOK

Golden Squid & Curried Mayo

with toasted almonds

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	566kJ	2832kJ
Energy	135kcal	677kcal
Protein	6.9g	34.5g
Carbs	14g	70g
of which sugars	2.2g	10.8g
Fibre	2.2g	11.2g
Fat	6.1g	30.5g
of which saturated	0.5g	2.7g
Sodium	54mg	270mg

Allergens: Sulphites, Shellfish, Gluten, Tree Nuts, Wheat, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
10g	20g	Almonds
40ml	80ml	Mayo
5ml	10ml	Medium Curry Powder
20g	40g	Salad Leaves <i>rinse</i>
15g	30g	Piquanté Peppers <i>drain</i>
20ml	40ml	Lemon Juice
40ml	80ml	Spiced Flour <i>(30ml [60ml] Cake Flour & 10ml [20ml] NOMU Garam Masala Rub)</i>
150g	300g	Squid Heads & Tubes <i>remove quills (see Chef's tip)</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. CRISPY POTATO Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CURRY MAYO In a small bowl, combine the mayo and the curry powder (to taste). Loosen with water in 5ml increments until a drizzling consistency. Season and set aside.

4. NUTTY SALAD To a salad bowl, add the salad leaves and toss through the peppers, ½ the lemon juice (to taste), ½ the nuts, a drizzle of olive oil and seasoning. Set aside.

5. SPICY SQUID Place the spiced flour in a dish and season lightly. Return the pan to a high heat with 5-6cm of oil covering the base. Rinse the squid to remove any residue from the packet and pat dry with paper towel. Coat in the flour, shaking off any excess on completion. When the oil is very hot, fry the squid in batches until cooked through and crispy, 2-4 minutes per batch (use tongs if you have them!). Remove from the pan and drain on paper towel. Season while hot.

6. YOU MADE THAT! Plate up the golden potato wedges and side with the fresh dressed salad. Serve the crispy squid drizzled with the remaining lemon juice. Drizzle with the mayo and garnish with the remaining nuts and spring onion.

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.