



UCOOK

Sautéed Squid & Tomato Pasta

with kalamata olives, gluten-free spaghetti & fresh basil

Now that Summer is well on its way, weeknight dinners should match the same vibe! Charred squid tossed through a tomato and olive sauce, over gluten-free pasta and topped with fresh basil. Elevate it all with some tangy lemon and green leaves and it's time to dig in!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

🍷 Anthonij Rupert | L'Ormarins Blanc de Blancs

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Ingredients & Prep

8g	Fresh Basil <i>rinsed</i>
225g	Gluten-free Spaghetti
2	Onions <i>1½ peeled & roughly diced</i>
3	Garlic Cloves <i>peeled & grated</i>
30ml	NOMU Provençal Rub
90ml	White Wine
300g	Cooked Chopped Tomato
450g	Squid Head & Tubes <i>quills removed (see Chef's Tip)</i>
75g	Pitted Kalamata Olives <i>drained & halved</i>
2	Lemons <i>1½ zested & cut into wedges</i>
60g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. PASTA Boil the kettle. Pick the basil leaves and roughly chop the stalks. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, cook the pasta for 10-12 minutes until al dente. Drain on completion, reserving 250ml of pasta water, and toss through some oil to prevent sticking.

2. TOMATO SAUCE Place a large pot over medium-high heat with a drizzle of oil. Once hot, add the diced onion and fry for 4-5 minutes until soft and translucent, shifting occasionally. Add in the grated garlic, basil stalks, Provençal rub and fry for 1-2 minutes, shifting constantly. Stir through the white wine and leave to simmer until almost all evaporated, about 2-3 minutes. Pour in the reserved pasta water and the cooked chopped tomato and mix until fully combined. Reduce the heat and leave to simmer for 12-15 minutes until reduced and thickened. Season with a sweetener of choice, some salt and pepper.

3. CHARRED SQUID Rinse the squid to remove any residue from the packet and pat dry with some paper towel. Place a pan or griddle pan over a high heat with a drizzle of oil. When hot, sauté the squid for 3-4 minutes until cooked through and slightly charred. You may need to do this step in batches. Remove from the pan on completion.

4. SAUCY PASTA Once the sauce has reduced, mix through ½ the cooked squid, ½ the halved olives, ½ the basil leaves, and some seasoning. Toss through the cooked pasta, cover to keep warm and set aside.

5. FRESH SALAD Place a drizzle of olive oil, a squeeze of lemon juice, a sweetener of choice and some lemon zest in a salad bowl. Mix until fully combined. Season and toss through the rinsed green leaves.

6. INDULGING MOMENT Plate up a generous helping of the tomato squid pasta. Top with the remaining charred squid, halved olives and basil leaves. Squeeze over some lemon juice and serve with the dressed leaves on the side. Beautiful 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. For extra spice, sprinkle some fresh chilli over the pasta at the end.

Nutritional Information

Per 100g

Energy	346kj
Energy	83Kcal
Protein	5.7g
Carbs	11g
of which sugars	2.1g
Fibre	1.4g
Fat	1.2g
of which saturated	0.2g
Sodium	181mg

Allergens

Allium, Shellfish, Sulphites, Alcohol

Cook
within 1
Day