



UCOOK

Scrumptious Peri-Peri Squid

with veggie rice & fresh coriander


Portuguese-style, pan-fried squid on a bed of fried rice loaded with onions, piquanté peppers, peas, and coriander. All drizzled with a homemade peri-peri yoghurt sauce.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Adventurous Foodie

 Strandveld | Adamastor White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Brown Basmati Rice <i>rinsed</i>
1	Garlic Clove <i>½ peeled & grated</i>
10ml	NOMU Peri-peri Rub
50ml	Low Fat Plain Yoghurt
10ml	Lemon Juice
1	Onion <i>½ peeled & finely diced</i>
50g	Peas
15g	Piquanté Peppers <i>drained & diced</i>
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
150g	Squid Heads & Tubes

From Your Kitchen

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

1. NICE AS RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. PERI-PERI SAUCE Place a saucepan over medium-low heat with a drizzle of oil. When hot, fry the grated garlic and ⅓ of the NOMU rub until fragrant, 1-2 minutes. Mix in the yoghurt, the lemon juice, 5ml of sweetener, and seasoning. Remove from the heat and cover.

3. PAN-FRIED RICE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until soft and translucent, 3-4 minutes (shifting occasionally). Add the remaining NOMU rub and fry until fragrant, 1-2 minutes (shifting occasionally). Add the cooked rice, the peas, the diced peppers, and ½ the chopped coriander, and heat through, 2-3 minutes. Remove from the pan and cover.

4. CHARRED SQUID Rinse the squid and pat dry with paper towel. Coat in a drizzle of oil. Wipe down the pan and return to high heat. When hot, sauté the squid until charred and cooked through, 3-4 minutes.

5. SERVICE, CHEF! Plate up the loaded rice and top with the pan-fried squid. Drizzle over the peri-peri yoghurt sauce. Garnish with the remaining fresh coriander. Enjoy!

Nutritional Information

Per 100g

Energy	536kJ
Energy	128kcal
Protein	8.3g
Carbs	21g
of which sugars	2.6g
Fibre	2.7g
Fat	1.4g
of which saturated	0.3g
Sodium	118mg

Allergens

Dairy, Allium, Sulphites, Shellfish

Cook
within 1
Day