



UCCOOK

Sayadieh & Grilled Squid

with caramelised onions & sultanas

You say, "Fresh, fragrant seafood!" and we say, "Sayadieh & grilled squid!" An aromatic mix of warm spices will greet you as you dive into pan-fried squid, a basmati rice tastefully tinged by a deep red tomato pasta and infused with cinnamon, turmeric, garlic & caramelised onion. Served with a golden sultana & almond salad.

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Hellen Mwanza

Adventurous Foodie

Organic by SG | Chardonnay

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Ingredients & Prep

| | |
|-------|--|
| 40g | Almonds <i>roughly chop</i> |
| 2 | Onions <i>peel & finely slice</i> |
| 300ml | White Basmati Rice <i>rinse</i> |
| 40ml | Cinnamon Mix <i>(30ml Ground Cinnamon & 10ml Ground Turmeric)</i> |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 30ml | Tomato Paste |
| 80g | Green Leaves <i>rinse & roughly shred</i> |
| 80g | Golden Sultanas <i>roughly chop</i> |
| 600g | Squid Heads & Tubes |
| 40ml | Lemon Juice |

From Your Kitchen

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

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

2. FRAGRANT RICE Return the pan with the oil to medium-high heat. When hot, fry the sliced onion until soft, browned and caramelised, 9-12 minutes (shifting occasionally). Add the rinsed rice, the cinnamon mix, the grated garlic, and seasoning. Mix until fully combined and fry until fragrant, 2-4 minutes (shifting constantly). Add the tomato paste and 900ml of water. Cover and simmer for 10-12 minutes. Most of the water should be absorbed and the rice should be fully cooked.

3. NUTTY, SWEET SALAD In a bowl, combine the rinsed green leaves, a drizzle of olive oil, $\frac{3}{4}$ of the chopped sultanas, and $\frac{1}{2}$ the toasted almonds.

4. PAN-FRIED SQUID Rinse the squid to remove any residue from the packet and pat dry with paper towel. Place a pan or grill pan over high heat with a drizzle of oil. When hot, sear the squid until lightly charred, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and season.

5. A TASTE SENSATION! Serve up a bed of the cinnamon rice. Top with the grilled squid and drizzle over the lemon juice (to taste). Sprinkle over the remaining almonds and the sultanas. Side with the salad. Sahtein, 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.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 568kj |
| Energy | 136kcal |
| Protein | 7.6g |
| Carbs | 22g |
| of which sugars | 5g |
| Fibre | 2g |
| Fat | 1.7g |
| of which saturated | 0.2g |
| Sodium | 22mg |

Allergens

Allium, Sulphites, Tree Nuts, Shellfish

Eat
Within
1 Day