



# UCOOK

## Summer Grilled Squid Salad

**with a creamy avocado dressing, black beans & yellow peppers**

This colourful and vibrant salad is a feast for both your eyes and palate - with a combination of charred squid, creamy black beans, pickled red onion, and yellow strips of peppers. Finished with a rich yet refreshing avocado and lime dressing and a sprinkling of toasted sunflower seeds. It's squid-tacular!

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Rhea Hsu

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 Fan Faves

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 Leopard's Leap | Culinary Brut MCC

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## Ingredients & Prep

15ml	NOMU BBQ Rub
450g	Squid Heads & Tubes <i>pat dry &amp; quill's removed (see Chef's Tip)</i>
3	Limes <i>zested &amp; cut into wedges</i>
1	Red Onion <i>¾ peeled &amp; finely sliced</i>
30g	Sunflower Seeds
3	Avocados
180g	Black Beans <i>drained &amp; rinsed</i>
60g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
60g	Green Leaves <i>rinsed</i>
2	Yellow Bell Peppers <i>1½ rinsed, deseeded &amp; cut into strips</i>
300g	Cucumber <i>cut into half-moons</i>
2	Fresh Chillies <i>deseeded &amp; roughly sliced</i>

## From Your Kitchen

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

**1. START WITH THE SQUID** In a bowl, combine the rub and a drizzle of oil. Add the squid and toss until fully coated. Set aside to marinate for at least 10 minutes. In a separate bowl, combine the juice of 3 lime wedges, 45ml of water, 15ml of a sweetener of choice, and seasoning. Add the sliced onion and set aside to pickle.

**2. TOASTY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

**3. HAVO SOME AVO** Halve the avocados and remove the pips. Peel off the skin, keeping the flesh intact. Thinly slice. Place ½ the sliced avocado in a blender along with the lime zest, the juice of 3 lime wedges, and seasoning. Add water in 30ml increments and pulse until drizzling consistency.

**4. ADD THE COLOUR** In a salad bowl, combine the rinsed black beans, the shredded salad leaves, the rinsed green leaves, the pepper strips, the cucumber half-moons, and the pickled red onion (to taste).

**5. THE STAR OF THE SHOW** Return the pan to a high heat. Alternatively, use a griddle pan if you have one. When hot, add the marinated squid and fry for 3-4 minutes until charred and cooked through, shifting occasionally.

**6. LOAD UP YOUR PLATE** Pile up the loaded salad. Top with the remaining avocado slices and the grilled squid. Drizzle over the creamy avocado dressing. Sprinkle over the sliced chilli (to taste) and the toasted sunflower seeds. Serve with any remaining lime wedges. Fresh and fast, 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	336kJ
Energy	80kcal
Protein	4.3g
Carbs	7g
of which sugars	1.7g
Fibre	3g
Fat	4.1g
of which saturated	0.7g
Sodium	62mg

## Allergens

Allium, Shellfish/Seafood

Cook  
within 1  
Day