



# UCOOK

## 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:** 45 minutes

**Overall Time:** 55 minutes

---

**Serves:** 3 People

---

**Chef:** Hellen Mwanza

---

Adventurous Foodie

---

Organic by SG | Chardonnay

---

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

## Ingredients & Prep

30g	Almonds <i>roughly chop</i>
2	Onions <i>peel &amp; finely slice</i>
225ml	White Basmati Rice <i>rinse</i>
30ml	Cinnamon Mix <i>(22,5ml Ground Cinnamon &amp; 7,5ml Ground Turmeric)</i>
2	Garlic Cloves <i>peel &amp; grate</i>
22,5ml	Tomato Paste
60g	Green Leaves <i>rinse &amp; roughly shred</i>
60g	Golden Sultanas <i>roughly chop</i>
450g	Squid Heads & Tubes
30ml	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 600ml 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