



UCOOK

Salt & Szechuan Pepper Squid

with a crispy tempura batter, lemon aioli & nutty black rice

This decadently crunchy batter is infused with the unique bite of Szechuan pepper and encases succulent morsels of squid. Served with black rice, pickled veg, charred corn, and a rich lemon aioli. Due to seasonality, we've had to sub corn on the cob for corn kernels but don't fret, there's no skimping on flavour!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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

Ingredients & Prep

75ml	Black Rice
20g	Radish <i>rinsed & thinly sliced</i>
1	Spring Onion <i>thinly sliced</i>
1	Lemon <i>½ zested & cut into wedges</i>
20ml	That Mayo (Original)
120g	Squid Heads & Tubes
7,5ml	Szechuan Peppercorns
30ml	Tempura Flour
50g	Corn
30ml	Umami Seasoning <i>(20ml Soy Sauce & 10ml Sesame Oil)</i>
20g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s

1. NUTTY BLACK RICE Rinse the rice and place in a pot with 300ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy.

2. PICKLE, AÏOLI, SQUID & PEPPI! Toss the sliced radish and spring onion with the juice of 1 lemon wedge. Season and set aside to pickle. Combine the mayo with the juice of 1 lemon wedge and the lemon zest to taste. Season and set aside for serving. Rinse the squid to remove any residue, pat completely dry, and set aside. Using a pestle and mortar or the back of a sturdy knife, crush the peppercorns until fine. Place in a bowl with the flour and a pinch of salt. Mix and set aside.

3. CHAR THE CORN Place a pan over a high heat with a drizzle of oil. Once hot, add the corn and fry for 3-4 minutes until starting to char. Transfer to a bowl, cover to keep warm, and set aside.

4. TEMPURA FRY-UP When the rice has 10 minutes remaining, whisk 1 egg in a shallow dish with 20ml of water. You only need ½ of it for this recipe, so save the remainder for scrambled eggs in the morning! Gradually whisk in the flour and pepper mixture until there are no lumps. Return the pan to a high heat with 2cm of oil covering the base. When very hot, use tongs to dip the squid pieces into the batter. Allow any excess to drip off, then place in the oil. Fry for 2-3 minutes until crispy and golden, shifting as they colour. Be careful, the oil may spatter! Remove on completion and drain on paper towel.

5. LAST LITTLE BITS When the rice is cooked, remove from the heat and drain if necessary. Stir through the umami seasoning until evenly distributed. Toss the shredded green leaves with a drizzle of oil and some seasoning.

6. GET A LOAD OF THAT CRUNCH! Make a bed of rice, scatter over the pickled veg, and pile up the crispy Szechuan pepper squid. Pop on a dollop of lemon aioli and serve the dressed leaves and charred corn on the side. Scrumptious!



Chef's Tip

Black rice is as richly coloured as it looks! During cooking, it can give off a natural black dye, so we advise using a stainless steel pot as it may stain ones made from other materials, such as enamel.

Nutritional Information

Per 100g

Energy	788kj
Energy	188Kcal
Protein	9.1g
Carbs	27g
of which sugars	1.3g
Fibre	3.9g
Fat	5g
of which saturated	1g
Sodium	393mg

Allergens

Egg, Gluten, Allium, Sesame, Shellfish, Wheat, Sulphites, Soy

**Cook
within 1
Day**