



UCOOK

Asian Squid Salad

with pickled cucumber & Kewpie mayo

Grilled squid on a bed of salad leaves, radish rounds, and carrot ribbons. Drizzled with a ginger Indo-soy and lime dressing, and topped with pickled cucumber, a Kewpie mayo drizzle, fresh coriander and toasted sesame seeds.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Alex Levett

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Sauvignon Blanc

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Ingredients & Prep

45ml	Rice Wine Vinegar
150g	Cucumber <i>peeled (optional) & cut into matchsticks</i>
30g	Fresh Ginger <i>peeled & grated</i>
107,5ml	Indo-soy Dressing <i>(85ml Sweet Indonesian Soy Sauce & 22,5,ml Lime Juice)</i>
120ml	Kewpie Mayo
22,5ml	Black Sesame Seeds
450g	Squid Heads & Tubes <i>quills removed (see Chef's Tip)</i>
120g	Salad Leaves <i>rinsed</i>
360g	Carrot <i>rinsed & ribboned</i>
60g	Radish <i>rinsed & sliced into thin rounds</i>
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. PICKLE TIME Place the rice wine vinegar, 3 tbsp of water, and 1 tbsp of a sweetener of choice in a bowl. Mix until the sweetener is fully dissolved. Add the cucumber matchsticks and set aside to pickle.

2. LET'S PREP In a bowl, add the grated ginger, the Indo-soy dressing and some seasoning. Mix until fully combined and set aside. Loosen the mayo with water in 5ml increments until drizzling consistency.

3. TOASTY SEEDS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion.

4. CHAR-GRILLED SQUID Rinse the squid to get rid of the residue and pat dry with some paper towel. Return the pan or place a griddle pan over a high heat with a drizzle of oil. When hot, fry the squid for 2-3 minutes per side until charred and cooked through. You may need to do this in batches.

5. TOSS TOGETHER In a salad bowl, toss the salad leaves, the ribboned carrot and the radish rounds. Drain the pickling liquid from the cucumber.

6. A SALAD OF DREAMS Top the salad with the pickled cucumbers and the charred squid. Drizzle over the ginger dressing and some Kewpie mayo, and garnish with the fresh coriander and toasted sesame seeds. Serve the remaining mayo on the side for dunking. Well done, 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	495kj
Energy	118Kcal
Protein	5.5g
Carbs	5g
of which sugars	1.9g
Fibre	1.1g
Fat	2.4g
of which saturated	0.4g
Sodium	35mg

Allergens

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

Cook
within 1
Day