



UCOOK

Tempura Squid & Turmeric Rice

with a pomegranate and sumac sauce & fresh parsley

Beautifully crisp tempura squid is served on a bed of turmeric rice laced with lentils and crispy onions. Drizzled with mayo, served with a pomegranate sauce and sprinkled with sumac and parsley, there really is no way you could deny how amazing this dish is!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

75ml	White Basmati Rice
5ml	Ground Turmeric
20ml	Crispy Onions
60g	Lentils <i>drained & rinsed</i>
180ml	Self-raising Flour
120g	Squid Heads & Tubes <i>pat dry</i>
15ml	Pomegranate Dressing
10ml	Sumac
20g	Green Leaves <i>rinsed</i>
15ml	Kewpie Mayo
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. RICE, RICE BABY! Rinse the rice and place in a pot over a medium-high heat. Add the turmeric, ½ the crispy onions, and the drained lentils. Submerge in 150ml of salted water, and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. PREP STEP Pour 100ml of cold water into a bowl with a few ice blocks. When the water is ice-cold, remove any remaining pieces of ice.

3. TASTY TEMPURA To make the tempura batter, gradually whisk the flour and a pinch of salt into the bowl of cold water until combined (Don't overmix, lumps are fine in this case!). Set up your station by placing the squid heads and tubes, the batter, and a plate covered with paper towel next to the stove. Place a deep pan over a high heat with 2cm of oil covering the base. To test if it's hot, pop in a drop of batter. If it fizzes, it's ready! Place a handful of squid in the bowl of batter. Using a pair of tongs, gently coat them and then lower them into the hot oil. Fry for 30-60 seconds, turning as they colour. Remove from the pan on completion, drain on the paper towel, and season to taste. You will need to do this step in batches.

4. TIME FOR SIDES In a small bowl, combine the pomegranate dressing, ½ the sumac, and 20ml of water. Set aside. Toss the rinsed green leaves with a drizzle of oil and seasoning. Loosen the mayo with water in 5ml increments until drizzling consistency.

5. SIMPLY STUNNING! Pile up a generous helping of the turmeric rice. Top with the tempura squid and drizzle with the loosened mayo. Side with the dressed green leaves. Sprinkle over the chopped parsley, the remaining crispy onions, and remaining sumac. Serve with the pomegranate sauce for dunking. Beautiful, Chef!



Chef's Tip

The quill is found in the squid tubes and looks like a piece of plastic. To remove it, grab it and pull it out. If you'd prefer, dress the salad with the pomegranate dressing instead of a dipping sauce!

Nutritional Information

Per 100g

Energy	1049kJ
Energy	251Kcal
Protein	11.3g
Carbs	41g
of which sugars	1.5g
Fibre	4.3g
Fat	2.7g
of which saturated	0.6g
Sodium	45mg

Allergens

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

Cook
within 1
Day