



UCOOK

Crispy Squid Winter Salad

with black quinoa & fresh apple

Scrumptious squid is coated in seasoned flour and deep fried until crisp. It is laid out on a bed of plump black quinoa and is lathered in sumac-infused That Mayo. Apple, red cabbage & a raspberry vinaigrette bring some zing to finish off this fabulous winter dinner!


Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Adventurous Foodie

 Boschendal | Rachelsfontein Chenin Blanc

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Ingredients & Prep

225ml	Black Quinoa
15ml	Vegetable Stock
30g	Sunflower Seeds
45ml	Sumac
75ml	That Mayo (Original)
30ml	Raspberry Vinegar
15ml	Dried Thyme
300g	Red Cabbage <i>finely sliced</i>
3	Spring Onions <i>finely sliced</i>
2	Granny Smith Apples <i>rinsed</i>
90ml	Cake Flour
360g	Squid Heads & Tubes

From Your Kitchen

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

1. BOUNCY BLACK QUINOA Rinse the quinoa and place in a pot with the stock. Submerge in 1,2L of water and stir through. Place over a medium-high heat, cover, and bring to a simmer. Cook for 20-25 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

2. SEEDS & SUMAC MAYO Boil the kettle. Place the sunflower seeds in a large, deep pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Place 30ml of sumac in a small bowl and mix in 1 tbsp of boiling water. Allow to soften for 2 minutes. Mix in the mayo until well combined. Season to taste with salt and set aside for serving.

3. A SALAD WITH SASS! In a large salad bowl, whisk together the vinegar, 15ml of a sweetener of choice, the thyme, and a generous drizzle of olive oil. Toss through the sliced cabbage, $\frac{3}{4}$ of the sliced spring onion, and $\frac{3}{4}$ of the toasted seeds. Season and set aside.

4. GET SLICING Halve the rinsed apples and set aside one $\frac{1}{2}$ for use in another meal. Slice the remaining 3 halves into thin matchsticks and add to the bowl of cabbage. Toss to combine, season, and set aside for serving.

5. SENSATIONAL SQUID Place the flour in a dish and season lightly. Return the pan to a high heat with 5-6cm of oil covering the base. Remove the squid to remove any residue from the packet and pat dry with paper towel. Coat in the flour, shaking off any excess on completion. When the oil is hot, fry the squid in batches for 2-4 minutes per batch until cooked through and crispy. (Use tongs if you have them!) Remove from the pan on completion and place on some paper towel to drain. Season to taste with salt and the remaining sumac.

6. SPECTACULAR SQUID SALAD Pile up the fluffy black quinoa and top with the zingy cabbage. Scatter over the crispy squid and generously drizzle with the sumac mayo. Finish it off with sprinklings of the remaining seeds and spring onion. Serve the remaining mayo on the side for dunking. Wow, Chef!



Chef's Tip

To make sure the squid gets crispy, don't overcrowd the pan when frying – do this step in batches if necessary. We recommend using an oil with a neutral flavour, like sunflower or canola.

Nutritional Information

Per 100g

Energy	618kj
Energy	148Kcal
Protein	6.7g
Carbs	21g
of which sugars	4.1g
Fibre	3.3g
Fat	3.9g
of which saturated	0.7g
Sodium	142mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Shellfish/Seafood

Cook
within 1
Day