



U C O O K

— COOKING MADE EASY

STRESS-FREE SQUID PAELLA

with smoked paprika, baby tomatoes & green olives

A simple, speedy spin on the Spanish classic. Flavours of the Med Sea swirl in warm, turmeric rice: crisp, pan-fried squid, garden peas, fresh parsley, white wine, lemon, and blistered baby tomatoes.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

150ml	Brown Basmati Rice
2.5ml	Turmeric Powder
240g	Squid Tubes & Tentacles
1	Lemon <i>zested & cut into wedges</i>
1	Onion <i>peeled & diced</i>
2	Garlic Clove <i>peeled & grated</i>
400g	Baby Tomatoes <i>rinsed & halved</i>
20ml	Vegetable Stock
10ml	Cape Herb & Spice Smoked Paprika
80g	Pitted Green Olives <i>drained & roughly chopped</i>
60ml	White Wine
80g	Peas
10g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN RICE Rinse the rice and place in a pot with the turmeric. Submerge in 400ml of salted water and stir through. Pop on a lid and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

2. SAUTÉ THE SQUID Boil the kettle. Rinse the squid to get rid of any residue from the packet and pat dry with some paper towel. Place a large pan for the paella over a high heat with a drizzle of oil. When hot, sauté the squid for 3-5 minutes until cooked through and starting to brown. Remove from the pan on completion and place in a bowl. Toss through some lemon zest and seasoning to taste. Dilute the stock with 50ml of boiling water.

3. SPEEDY PAELLA When the rice has 10 minutes to go, return the pan to a medium heat with another drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent, shifting occasionally. Add the grated garlic and halved tomatoes, and fry for another minute until fragrant. Stir in the diluted stock, smoked paprika, chopped olives, white wine, and some lemon zest to taste. Simmer for 3-4 minutes, stirring continuously, until reduced and sticky. Add the cooked squid to the pan and stir through until coated and reheated.

4. FINISHING TOUCHES Keeping the pan over the heat, add in the cooked turmeric rice, the peas, three-quarters of the chopped parsley, and a squeeze of lemon juice. Stir for about a minute until combined. Season to taste and remove the pan from the heat on completion.

5. TIME TO TUCK IN! Dish up a pile of steamy, speedy squid paella. Sprinkle over the remaining fresh parsley and garnish with a lemon wedge. Disfrute de su comida! Enjoy your meal!



Chef's Tip

Fry the squid in batches if necessary to avoid overcrowding the pan, or you could end up with mushy or tough squid, instead of nice and crispy squid!

Nutritional Information

Per 100g

Energy	427kj
Energy	101Kcal
Protein	5.2g
Carbs	16g
of which sugars	1.4g
Fibre	2.8g
Fat	1.9g
of which saturated	0.2g
Sodium	315mg

Allergens

Allium, Shellfish, Sulphites

Cook
within 1
Day