



# UCOOK

## Sautéed Squid & Tomato Pasta

with kalamata olives, gluten-free spaghetti & fresh basil

Now that Summer is well on its way, weeknight dinners should match the same vibe! Charred squid tossed through a tomato and olive sauce, over gluten-free pasta and topped with fresh basil. Elevate it all with some tangy lemon and green leaves and it's time to dig in!

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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♥ Health Nut

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🍷 Anthonij Rupert | L'Ormarins Blanc de Blancs

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## Ingredients & Prep

|      |  |
|------|--|
| 3g   | Fresh Basil<br><i>rinsed</i>                                 |
| 75g  | Gluten-free Spaghetti  |
| 1    | Onion<br><i>½ peeled &amp; roughly diced</i>                 |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                   |
| 10ml | NOMU Provençal Rub   |
| 30ml | White Wine   |
| 100g | Cooked Chopped Tomato  |
| 150g | Squid Head & Tubes<br><i>quills removed (see Chef's Tip)</i> |
| 25g  | Pitted Kalamata Olives<br><i>drained &amp; halved</i>        |
| 1    | Lemon<br><i>½ zested &amp; cut into wedges</i>               |
| 20g  | Green Leaves<br><i>rinsed</i>                                |

## From Your Kitchen

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

**1. PASTA** Boil the kettle. Pick the basil leaves and roughly chop the stalks. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, cook the pasta for 10-12 minutes until al dente. Drain on completion, reserving 150ml of pasta water, and toss through some oil to prevent sticking.

**2. TOMATO SAUCE** Place a pot over medium-high heat with a drizzle of oil. Once hot, add the diced onion and fry for 3-4 minutes until soft and translucent, shifting occasionally. Add in the grated garlic, basil stalks, Provençal rub and fry for 1-2 minutes, shifting constantly. Stir through the white wine and leave to simmer until almost all evaporated, about 1-2 minutes. Pour in the reserved pasta water and the cooked chopped tomato and mix until fully combined. Reduce the heat and leave to simmer for 10-12 minutes until reduced and thickened. Season with a sweetener of choice, some salt and pepper.

**3. CHARRED SQUID** Rinse the squid to remove any residue from the packet and pat dry with some paper towel. Place a pan or griddle pan over a high heat with a drizzle of oil. When hot, sauté the squid for 3-4 minutes until cooked through and slightly charred. Remove from the pan on completion.

**4. SAUCY PASTA** Once the sauce has reduced, mix through ½ the cooked squid, ½ the halved olives, ½ the basil leaves, and some seasoning. Toss through the cooked pasta, cover to keep warm and set aside.

**5. FRESH SALAD** Place a drizzle of olive oil, a squeeze of lemon juice, a sweetener of choice and some lemon zest in a salad bowl. Mix until fully combined. Season and toss through the rinsed green leaves.

**6. INDULGING MOMENT** Plate up a generous helping of the tomato squid pasta. Top with the remaining charred squid, halved olives and basil leaves. Squeeze over some lemon juice and serve with the dressed leaves on the side. Beautiful 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. For extra spice, sprinkle some fresh chilli over the pasta at the end.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 346kj  |
| Energy             | 83Kcal |
| Protein            | 5.7g   |
| Carbs              | 11g    |
| of which sugars    | 2.1g   |
| Fibre              | 1.4g   |
| Fat                | 1.2g   |
| of which saturated | 0.2g   |
| Sodium             | 181mg  |

## Allergens

Allium, Shellfish, Sulphites, Alcohol

Cook  
within 1  
Day