



UCOOK

Squid Marinara

with fresh basil, spaghetti & fresh chilli


This is a classic, yet elevated dish that will leave everyone wanting more. Charred squid pieces are added to a fragrant and delicious tomato ragù, before being tossed with perfectly al dente spaghetti. Sprinkled with fresh chilli & basil. No, we're not squidding you right now, it's really tasty!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Alvi's Drift | Sparkling Brut Rosé

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Ingredients & Prep

150g	Squid Heads & Tubes
1	Onion <i>½ peeled & finely diced</i>
120g	Carrot <i>trimmed, peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
5ml	Tomato Paste
30ml	White Wine
100g	Tomato Passata
100g	Spaghetti
4g	Fresh Basil <i>rinsed & picked</i>

From Your Kitchen

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

1. FIRST THINGS FIRST Boil a full kettle. Rinse the squid to get rid of the residue and pat dry with paper towel. Slice into 1cm pieces. Set aside. Fill a pot with boiling water for the pasta and bring back up to the boil.

2. CHAR IT CHEF Place a deep pan over high heat with a drizzle of oil. When hot, fry the squid pieces for 1-2 minutes or until charred and cooked through, shifting as they colour. Remove from the pan and set aside.

3. CREATE THE BASE Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. When hot, add the diced onion and the diced carrot and fry for 4-5 minutes until soft, shifting occasionally.

4. ENTER THE TOMATO When the onion & carrot are soft, add the grated garlic, ½ the sliced chilli (to taste), and the tomato paste. Fry for 30-60 seconds until fragrant, shifting constantly. Add the wine and cook for 1-2 minutes or until almost all evaporated. Pour in the tomato passata and 150ml of boiling water. Reduce the heat slightly and simmer for 15-20 minutes until slightly thickened.

5. PERFECT PASTA When the water for the pasta is boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and return to the pot. Toss through a drizzle of olive oil to prevent sticking.

6. BRING IT ALL TOGETHER When the ragú is done, add the cooked pasta, ½ the charred squid, ½ the picked basil, seasoning, and a sweetener of choice to the ragú. Mix until combined. Loosen with the reserved pasta water if it's too thick for your liking.

7. ALL DONE! Plate up the delicious squid ragú. Scatter over the remaining squid, basil and chilli (to taste). Tuck in, Chef!

Nutritional Information

Per 100g

Energy	447kJ
Energy	106kcal
Protein	6.6g
Carbs	17g
of which sugars	3g
Fibre	1.6g
Fat	0.6g
of which saturated	0.2g
Sodium	54mg

Allergens

Gluten, Allium, Wheat, Alcohol,
Shellfish/Seafood

Cook
within 1
Day