UCOOK

Neil Ellis' Spicy Squid Salad

with pickled cucumber & sweet chilli mayo

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Neil Ellis

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	369kJ	1861kJ
Energy	88kcal	445kcal
Protein	5.4g	27.3g
Carbs	7g	38g
of which sugars	4.4g	22.1g
Fibre	1.2g	6g
Fat	4.1g	20.5g
of which saturated	0.4g	2.1g
Sodium	137mg	689mg

Allergens: Sulphites, Shellfish, Sesame, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	Rice Wine Vinegar
100g	200g	Cucumber *rinse & cut into thin matchsticks*
10g	20g	Fresh Ginger *peel & grate*
15ml	30ml	Spicy Lime Dressing *(10ml [20ml] Sriracha Sauce & 5ml [10ml] Lime Juice)*
50ml	100ml	Sweet Chilli Mayo *(30ml [60ml] Mayo & 20ml [40ml] Thai Sweet Chilli Sauce)*
5ml	10ml	Black Sesame Seeds
150g	300g	Squid Heads & Tubes *quills removed (see Chef's Tip)*
40g	80g	Salad Leaves *rinse*
120g	240g	Carrot *rinse, trim, peel & cut into thin matchsticks*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. PICKLE TIME Place the rice wine vinegar, 1 [2] tbsp of water, and 1 [2] tsp of sweetener in a bowl. Toss through the cucumber and set aside to pickle.

2. LET'S PREP In a bowl, combine the ginger, the spicy lime dressing and seasoning. Set aside. Loosen the sweet chilli mayo with water in 5ml increments until drizzling consistency.

3. TOASTY SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHAR-GRILLED SQUID Rinse the squid to remove any residue from the packet and pat dry with paper towel. Place a pan or grill pan over high heat with a drizzle of oil. When hot, sear the squid until lightly charred, 1-2 minutes per side. Remove from the pan and season.

5. TOSS TOGETHER In a salad bowl, toss together the salad leaves and the carrot. Drain the pickling liquid from the cucumber.

6. A SALAD OF DREAMS Top the salad with the pickled cucumbers and the charred squid. Drizzle over the spicy lime dressing (to taste) and some sweet mayo, and garnish with the toasted sesame seeds.

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.