



# UCOOK

## Scrumptious Squid Paella

with piquanté peppers & fresh parsley

This dish is a fun & easy twist on traditional paella. It features squid as the protein, served with a delicious sauce of tomatoes, Spanish aromatics, and golden wine. Piquanté peppers & peas are added for a pop of acidity & brightness. A true crowd pleaser and perfect for sharing with friends and family.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Adventurous Foodie

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 Paserene | Bright Chardonnay

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## Ingredients & Prep

2	Onions <i>peeled &amp; roughly diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
40ml	NOMU Spanish Rub
60ml	Tomato Paste
135ml	Golden Wine <i>(10ml Ground Turmeric &amp; 125ml White Wine)</i>
400ml	Risotto Rice
400g	Cooked Chopped Tomato
200g	Peas
10g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
40ml	Lemon Juice
600g	Squid Heads & Tubes
80g	Piquanté Peppers <i>drained &amp; roughly chopped</i>

## From Your Kitchen

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

**1. SO SOFRITO!** Boil a full kettle. Place a pan, big enough for the paella, over medium heat with a drizzle of oil. When hot, fry the diced onion until soft and browned, 6-8 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting occasionally). Pour in the golden wine and cook until almost evaporated, 1-2 minutes.

**2. FLAVOURFUL RICE** When almost all of the wine has evaporated, stir through the rice. Fry until combined, 1-2 minutes. Add the cooked chopped tomato and mix until combined. Slowly pour in 1,2L of boiling water. Bring to a boil, reduce the heat to low, and simmer until the rice is al dente and all the liquid has been absorbed, 20-25 minutes. If the rice is still undercooked, add an extra splash of water and simmer until al dente.

**3. KEEP IT LEMONY** Once the paella is cooked, add the peas, ½ the chopped parsley, the lemon juice (to taste), a sweetener, and seasoning. Remove from the heat, cover with tinfoil, and steam, for 5-8 minutes.

**4. SIZZLING SQUID** Rinse the squid to remove any residue. Pat dry with paper towel. Cut into bite-sized pieces. Place a pan or griddle pan over high heat with a drizzle of oil. When hot, sauté the squid until cooked through and charred, 1-2 minutes per side. You may need to do this step in batches. Lightly season.

**5. INDULGE YOUR SENSES** Dish up the paella. Scatter over the seared squid and the chopped piquanté peppers. Garnish with the remaining chopped parsley. Stunning, Chef!

## Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	6.4g
Carbs	19g
of which sugars	3.6g
Fibre	2g
Fat	0.6g
of which saturated	0.1g
Sodium	145mg

## Allergens

Allium, Sulphites, Alcohol, Shellfish

Cook  
within 1  
Day