



# UCOOK

## Kenyan Coconut Calamari

with potato wedges & a Kachumbari salad

We bring you some bursting African flavours with these Kenyan-style fried calamari tubes, enrobed in desiccated coconut and served with potato wedges. This dish is completed by a lemon mayo and a Kachumbari salad of tomato, red onion, cucumber, and fresh coriander.

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Alex Levett

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 Adventurous Foodie

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 Boschendal | Rachelsfontein Chenin Blanc

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## Ingredients & Prep

200g	Potato <i>rinsed &amp; cut into wedges</i>
7,5ml	NOMU Seafood Rub
1	Lemon <i>½ zested &amp; cut into wedges</i>
30ml	That Mayo Original
1	Tomato <i>cut into bite-sized chunks</i>
1	Red Onion <i>¼ peeled &amp; finely sliced</i>
50g	Cucumber <i>cut into half-moons</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
30ml	Cake Flour
30ml	Desiccated Coconut
120g	Squid Heads & Tubes <i>quills removed (see Chef's Tip)</i>

## From Your Kitchen

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

**1. COOK POTATO WEDGES** Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, ½ of the seafood rub and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. LEMON MAYO** In a small bowl, mix the lemon zest with the mayo and seasoning until fully combined.

**3. KACHUMBARI SALAD** In a salad bowl, combine the tomato chunks, sliced red onion, cucumber half-moons and ½ the chopped coriander. Squeeze in the juice of ½ a lemon wedge and add 1 tbsp of olive oil. Season and toss to combine.

**4. COAT SQUID** Whisk 1 egg in a shallow dish with ½ a tsp of water. Prepare another shallow dish containing the flour, the remaining seafood rub, ¾ of the desiccated coconut and some seasoning. Pat the squid dry with paper towel. Coat the squid in egg mixture, then the flour & coconut mix, dusting off any excess.

**5. FRY SQUID** When the potato wedges have 10 minutes remaining, place a pot over a medium-high heat with 4-5cm of oil. When hot, fry the coated squid for 3-5 minutes until golden and crispy, flipping halfway. Drain on paper towel and season.

**6. PLATE** Plate up the crispy coconut calamari and potato wedges alongside the Kachumbari salad. Garnish with the remaining coriander, desiccated coconut, and lemon wedge. Serve with the lemony mayo for dunking. Delicious work, 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.

## Nutritional Information

Per 100g

Energy	428kj
Energy	102Kcal
Protein	4.5g
Carbs	13g
of which sugars	1.9g
Fibre	2.1g
Fat	3.4g
of which saturated	2g
Sodium	92mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Shellfish/Seafood

Cook  
within 1  
Day