

UCOOK

Spicy Tempura Squid Tortillas

with a spicy chipotle sauce & guacamole


A warm, toasted tortilla topped with smooth guacamole, crispy battered squid, coriander, fresh lime, diced tomato, and a spicy chipotle sauce. It'll be hard to eat only one!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Leopard's Leap | Chenin Blanc

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Ingredients & Prep

1	Garlic Clove <i>peeled & grated</i>
10ml	Red Wine
10g	Chipotle Chillies in Adobo <i>roughly chopped</i>
180ml	Self-raising Flour
150g	Squid Heads & Tubes <i>pat dry & quills removed</i> <i>(see Chef's Tip)</i>
2	Corn Tortillas
40g	Guacamole
20g	Salad Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Coriander <i>rinsed & picked</i>
1	Tomato <i>½ roughly diced</i>
1	Lime <i>½ zested & cut into wedges</i>

From Your Kitchen

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

1. SPICY CHIPOTLE SAUCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the wine and leave to simmer for 1-2 minutes until almost evaporated. Add the chopped chillies in adobo (and any sauce), 30ml of water, seasoning, and 5ml of a sweetener of choice. Leave to simmer for 1-2 minutes until slightly reduced.

2. SMOOTH OPERATOR When the sauce is done, remove from the pan and place in a blender. Add a splash of water and pulse until smooth. If the sauce is not coming together, add more water as necessary. Set aside.

3. ICE, ICE BABY! Pour 100ml of cold water into a bowl with a few ice blocks. When the water is ice-cold, remove any remaining pieces of ice.

4. TASTY TEMPURA To make the tempura batter, gradually whisk the flour and a pinch of salt into the bowl of cold water until combined. (Don't overmix, lumps are fine in this case!) Set up your station by placing the squid heads & tubes, the batter, and a plate covered with paper towel next to the stove. Place a deep pan over high heat with 2cm of oil covering the base. To test if it's hot, pop in a drop of batter. If it fizzes, it's ready! Place a handful of squid in the bowl of batter. Using a pair of tongs, gently coat them in the batter and lower into the hot oil. Fry for 30-60 seconds, turning as they colour. Remove from the pan on completion, drain on the paper towel, and season. Do this step in batches.

5. TOASTY TORTILLAS Place a pan over medium heat. When hot, dry toast the tortillas for 15 seconds per side until warmed through and lightly crisped. Once heated, stack under a dry tea towel to stop them from getting cold or drying out.

6. TIME TO DINE Lay down the toasted tortillas. Smear on the guacamole and top with the shredded salad leaves and the crispy squid. Drizzle over the chipotle sauce (to taste) and sprinkle over the picked coriander, the lime zest, and the diced tomato. Squeeze over some lime juice and serve with a lime wedge. Tuck in, 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	601kJ
Energy	144kcal
Protein	7g
Carbs	22g
of which sugars	1.5g
Fibre	1.6g
Fat	3g
of which saturated	0.7g
Sodium	98mg

Allergens

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

Cook
within 1
Day