



Recipe  
suggestions

## Stuffed squid with quinoa and dried shrimp (serves 6-8)

### Ingredients

- > 1kg baby squid, cleaned, tentacles reserved
- > 50g dried shrimps
- > 250g quinoa
- > 15g oregano leaves, chopped
- > ½ lemon, zested
- > 5 garlic cloves, chopped
- > 90ml olive oil
- > 120ml white wine
- > 2 x tins chopped tomatoes
- > 2 tsp caster sugar
- > 2 sprigs thyme
- > ½ red chilli, chopped
- > 1 orange
- > 2 tbsp capers
- > 2 tbsp chopped parsley

### Method

- > Pour plenty of boiling water over the dried shrimps, leave to soak for 10 mins, then drain.
- > Add the quinoa to a medium saucepan filled with boiling water and simmer for 5 mins. Drain into a sieve, refresh under cold water and transfer to a mixing bowl adding the shrimps, oregano, lemon zest, half of the garlic, 2 tbsp olive oil and some black pepper.
- > Use your hands to stuff the squid with the quinoa mixture. Once done, wipe the squid clean with a kitchen towel, then place in a large, shallow ovenproof dish. Fill any gaps with the reserved tentacles.
- > Heat the oven to 190<sup>0</sup>C/Gas mark 5.
- > Heat the remaining oil in a medium saucepan and add the remaining garlic and fry for a minute. Add the tomatoes, thyme, chilli and some seasoning. Shave two short strips of peel off the orange and add these, then simmer for 10 mins.
- > Remove from the heat, stir in the capers and pour over the squid until it is just covered, then cook in the oven for 20-25 mins until the sauce is bubbling and the squid is cooked.
- > Remove from the oven, drizzle with more oil, sprinkle with parsley and grate over the remaining orange zest.

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