

Stewed Calamari 024



Stewed Calamari

with Black Olives and Tomatoes

Recipe No.024

3-4 Calamari steaks prepared (Step 1, 2 & 3)

Olive Oil

1 tsp triple concentrate Tomato Paste

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Finely chop:

1 large Red Onion

1 large Carrot

2 stalks Celery Small bunch flat leaf Parsley (stalks and leaves)

1 long red chilli – seeds removed

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12 pitted Black Olives

Good pinch of smoked Paprika

400 grams can chopped Tomatoes

200 grams can of Butter Beans, rinsed and drained

2 Anchovy fillets

Juice and zest of 1 Lemon

Lemon wedges to garnish

Freshly cracked pepper1. In a deep frying pan, heat olive oil over medium heat and fry garlic, onion and parsley stalks until

soft

2. Add anchovy fillets, olives, chilli and paprika and cook for 2 minutes
3. Add the chopped tomatoes, 1 tsp tomato paste and simmer gently over medium heat for 15 minutes
4. Add butter beans and season with freshly cracked pepper
5. Bring to the boil and add Calamari pieces
6. Cover with a lid or foil and simmer until Calamari has turned white
7. Serve with Lemon zest and parsley sprinkled over Calamari and a wedge of lemon

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Chef's tip:

Drained Chick Peas or Cannelloni Beans are nice to use if you can't buy butter beans

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Serves 4

ENJOY!

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