

The Squid rings were part of a 3 for £5 deal, so cost us £1.67 for the pack. So Sue cobbled this recipe together with ingredients we had in.

Ingredients:-

Squid rings
2 Small Onions diced
3 Cloves of Garlic, minced
1 Tsp of Oregano
1 Cup of Rice
1 ½ Cup of Fish Stock
Dried Parsley & Basil
1 Squeeze of Lemon Juice
1 Tsp of Cayenne Pepper
A Glug of Fish Sauce
Frozen Peas
A Glug of Soy Sauce
1 Tsp of Ginger, minced
1 Tsp of Brown Sugar
Fresh Parsley
Salt & Pepper
Oil to fry

Method:-

(1) Gently fry the Squid rings for 3 minutes turning regularly.
(2) Season with Salt & Pepper.

(3) Remove from the pan and set aside, reserving the cooking juices.
(4) Add a little extra Oil to the pan and fry the Onion until translucent.
(5) Rinse the Rice in cold water and drain.
(6) Add to the Onions and stir for a few minutes.
(7) Add the reserved Squid juices and Fish Stock.
(8) Heat until simmering.
(9) Add the Garlic, Oregano, Basil, Cayenne Pepper, Soy Sauce, Ginger and Brown Sugar.
(10) Keep stirring gently until the liquid is absorbed.
(11) Add more water if required until the Rice is tender and a little sticky.
(12) Add the frozen Peas and stir in.
(13) Dress with chopped Parsley and a good squeeze of Lemon Juice.

This was remarkably tasty and the Squid was really tender.