

SQUID & CHORIZO STEW

Serves 4



INGREDIENTS:

- ☐ 400 g Breco Squid Strips, chopped into pieces and dried
- ☐ 250 g skinned chorizo sausage chopped small
- ☐ 1 onion chopped
- ☐ 1 stem celery chopped
- ☐ 2 cloves crushed garlic
- ☐ 1 tsp paprika
- ☐ 1 tsp ground cumin
- ☐ 0.50 tsp cayenne pepper
- ☐ 2 tomatoes grated
- ☐ 2 tbsp chopped coriander
- ☐ 1 ripe lemon zest

METHOD:

01. Place the chorizo sausage in a sauce pan and cook gently until the oil starts to cook out. Add the onions, celery, garlic, paprika, cumin and cayenne pepper. Fry, stirring all the while, until fragrant.
02. Add the tomatoes and simmer gently until the sauce starts to thicken. Add the squid and cook for 3 minutes. Stir in the coriander and lemon zest.
03. Serve on crushed boil potatoes or rice with a wedge of lemon.