



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.