

MARLEY SPOON



Goan Squid

with Yellow Rice



30-40min



2 Portions

Tantalise your tastebuds with this gorgeous Goan squid dinner. An exotic blend of spices with the addition of aromatics, such as garlic, ginger and onion, all cooked in a creamy coconut sauce makes the perfect base for the tender flash-fried squid. Simply teamed with turmeric-scented rice, this dish delivers an authentic Goan experience.

What we send

- jasmine rice
- spice mix
- squid tubes
- 3 garlic cloves, ginger, coriander
- coconut milk
- tamarind puree
- turmeric
- onion

What you'll require

- salt and pepper
- sugar
- vegetable oil

Utensils

- grater
- large frypan
- medium frypan
- medium saucepan
- paper towel
- sieve
- stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 525.0kcal, Fat 10.8g, Proteins 35.1g, Carbs 70.4g



1. Prepare ingredients

Finely chop the **onion** and **garlic**. Peel and grate the **ginger**. Place the ingredients in a food processor with 2 tbs water and puree until smooth.



2. Prepare sauce

Heat 1 tbs **oil** in a large frypan over medium-high heat. Add the **pureed onion mixture** and cook over medium heat for 5 mins or until softened. Add the **goan curry spice mix** and **half of the turmeric** and cook for a further 2 mins or until fragrant.



3. Cook sauce

Stir in 2 tsp **tamarind paste**, then add 250ml (1 cup) water, the **coconut milk**, 1 tsp **sugar** and ½ tsp of **salt**. Bring to the boil. Cover and cook over low heat for 10 mins or until reduced a little and flavours infuse.



4. Cook rice

Meanwhile, wash the **rice** in a sieve under cold water and shake dry. Place in a medium saucepan with 350ml (1½ cups) water, remaining **turmeric** and a pinch of **salt**. Bring to the boil and cook, covered for 10 mins. Turn off heat and leave for 10 mins.



5. Prepare squid

Meanwhile, cut the **squid tubes** into 2 cm pieces. Wash well and pat dry with paper towel. Heat 1 tbs **oil** in a medium frypan over high heat. Cook the squid for 2 mins or until golden.



6. Finish cooking

Pick the **coriander** leaves and finely chop the stems. Stir the **squid** into the sauce and cook for a final 1 min. Serve with the **rice**. Sprinkle with the coriander.