



Stewed Calamari



Ingredients

Serves 3-4

Calamari steaks prepared as in Step 1, 2 & 3

Olive Oil 1 tspn triple concentrate Tomato Paste

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 12 pitted black Olives

Good pinch of smoked Paprika 400gm can chopped Tomatoes

200gm can of Butter Beans, rinsed and drained

2 Anchovy fillets

Juice and zest of 1 Lemon Lemon wedges to garnish

freshly cracked pepper

Method:

In a deep frying pan, heat olive oil over medium heat and fry garlic, onion and parsley stalks until soft

Add anchovy fillets, olives, chilli and paprika and cook for 2 minutes

Add the chopped tomatoes, 1 tspn tomato paste and simmer gently over medium heat for 15 minutes

Add butter beans and season with freshly cracked pepper

Bring to the boil and add Calamari pieces

Cover with a lid or foil and simmer until Calamari has turned white

Serve with Lemon zest and parsley sprinkled over Calamari and a wedge of lemon.

Chef's tip: Drained Chick Peas or Cannelloni Beans are nice to use if you can't buy butter beans.