

# Squid Stewed with Tomatoes

This Italian style squid stewed with tomatoes is a quick and tasty meal. Crusty bread for dipping is a must!

Serves: 4

Time: 40

Difficulty: Easy



## INGREDIENTS

- **500g Shore Mariner Natural Squid Rings, Thawed**
- 3 tablespoons olive oil
- 1 onion, sliced
- 3 cloves garlic, chopped
- 2 tablespoons tomato paste
- 1 teaspoon dried chilli flakes
- 2 teaspoons fresh thyme, chopped
- 400g chopped tomatoes
- 1/2 red wine
- 1 cup beef stock
- 1/2 cup black olives
- 1/2 teaspoon sugar
- salt & pepper to taste
- Basil, to serve
- Artisan bread

## METHOD

- Thaw Natural Squid Rings according to packet instructions and set them aside for later.
- Heat oil in a large pan, preferably cast iron, and add onion, stirring occasionally.
- Add garlic, tomato paste, chili flakes, and thyme, and stir well to combine. Cook for 2-3 minutes.
- Increase the heat to high, and add chopped tomatoes, red wine, beef stock, sugar, and olives. Boil until the liquid has reduced. Lower heat and simmer for 15 minutes.
- Add thawed Natural Squid Rings and simmer for another 10 minutes or until squid is tender.
- Once the squid is cooked and tender, season to taste.
- Serve with basil leaves and your favorite toasted artisan bread.

### COOKING TIP:

- To thaw natural squid rings, cover & refrigerate overnight until thawed. Drain off excess liquid.