



Stuffed calamari with sauce

20'
Hands on

25'
Cook Time

2-4
Portion(s)

2
Difficulty



Method

For spicy sweet and sour sauce

- In a **bowl** , add the honey, mustard, lime juice and lime zest.
- Whisk until all of the ingredients are completely incorporated.
- Start to add the sunflower oil in a slow steady stream, while continuously whisking.
- If it becomes too thick, dilute with some water.
- Season with salt and pepper to taste.
- Thinly **slice** the chili and finely chop the fresh coriander leaves. Add them to the bowl and mix.
- Set aside until needed.

For stuffed calamari

- Preheat oven to 180* C (350* F) Fan.
- Remove the tentacles and innards from the **calamari** . Cut off the wings. Finely chop the tentacles and wings. Finely chop the innards and set aside until needed.
- In a **pan** , sauté the tentacles and wings.
- Add the ouzo. Let it evaporate and discard the juices in the pan.
- Add the chopped onion and the minced garlic.
- Sauté for 2 minutes. Add the rice and sauté for 1 minute, until it soaks up all of the juices from the onion and the aromas from the calamari and ouzo.
- Gradually add the hot vegetable stock.
- Simmer for about 20 minutes, until the rice soaks up all of the stock.
- 5 minutes before it is ready, add the chopped innards from the calamari and cook.
- When the mixture has thickened, remove from heat. Add 1 tablespoon of butter, coriander, lemon zest and lemon juice. Stir and season to taste.
- Fill the calamari with the rice filling.
- Seal the opening with a toothpick.
- Place a pan over medium to high heat. Let it get very hot and add some olive oil.
- Add the stuffed calamari and brown on all sides for about 2 minutes.
- Transfer to a **baking pan** . Slice them open on the top side. Add a cube of butter, some finely chopped thyme to each. Season them with salt and pepper.
- Bake for 5 minutes.
- Drizzle with some of the spicy sweet and sour sauce and serve.

Ingredients

For spicy sweet and sour sauce

- 1 tablespoon(s) honey
- 1/2 tablespoon(s) mustard, mild
- lime juice, of 2 limes
- lime zest, of 2 limes
- 150 g sunflower oil
- 1/2 chili pepper, finely chopped
- 2 tablespoon(s) coriander, fresh, finely chopped
- slices lime(s)

For the stuffed calamari

- 4 squids
- 1 onion, medium, dried, finely chopped
- 1/2 clove(s) of garlic
- 1 tablespoon(s) coriander, finely chopped
- 50 g ouzo
- 200 g glutinous rice
- 400 g stock, vegetable
- lime zest, of 1/2 lime
- lime juice, of 1/2 lime
- 1 tablespoon(s) butter
- thyme, finely chopped
- [olive oil-lemon dressing](#), for serving

Διατροφικός πίνακας

Nutrition information per portion

755 Calories (kcal)	45.0 Total Fat (g)	7.7 Saturated Fat (g)	49.0 Total Carbs (g)
38%	64%	39%	19%
7.1 Sugars (g)	36.0 Protein (g)	1.6 Fibre (g)	0.93 Sodium (g)
8%	72%	6%	16%