



Potato and calamari stew

15'
Hands on

20'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 1 kilo potatoes
- salt
- pepper
- lemon juice, of 1/2 lemon
- 2 tablespoon(s) olive oil
- 1 clove(s) of garlic
- 30 g white wine
- 340 g squid, cooked, canned in spicy sauce
- 3 spring onions

To serve

- parsley, finely chopped
- lemon zest, of 1/2 lemon
- olive oil
- slices whole wheat bread

Method

- Peel the potatoes and **cut** them into 2 cm cubes.
- **Boil** them in water along with salt, pepper and the juice from ½ a lemon for 12-15 minutes, until they soften.
- When ready, drain and set aside.
- Place a large **pan** over medium to high heat.
- Add 2 tablespoons of olive oil and the potatoes.
- Sauté for 2-3 minutes until golden.
- Finely chop the garlic, the spring onions and add them to the pan. Sauté for 1-2 minutes.
- Add the wine and let it cook for 1-2 minutes until the alcohol evaporates.
- Add the canned calamari, salt and pepper. Attention! Don't add too much salt and pepper since the sauce is already seasoned and spicy.
- Stir and cook for 1-2 minutes, until the sauce thickens.
- **Serve** with finely chopped parsley, lemon zest, extra virgin olive oil and slices of whole wheat bread.

Διατροφικός πίνακας

Nutrition information per portion

188 Calories (kcal)	6.3 Total Fat (g)	1.0 Saturated Fat (g)	23.0 Total Carbs (g)
9%	9%	5%	9%
1.2 Sugars (g)	8.8 Protein (g)	2.1 Fibre (g)	0.12 Sodium (g)
1%	18%	8%	2%