



# Roast cuttlefish with vegetables

15'  
Hands on

30'  
Cook Time

4-6  
Portion(s)

2  
Difficulty



## Method

For the potatoes

- Preheat oven over 170°C (338\* F) Set to Fan.
- Line a **shallow baking pan** with semi-coarse salt.
- Spread the potatoes in the pan and place in the oven for 20 minutes (the time required depends on the size of the potatoes. When ready, you should be able to easily piece them with a knife).
- Remove from oven, **cut** the potatoes in half and set them aside for 10-15 minutes to cool.
- Place the potatoes in a **non-stick pan** over high heat. Spread the potatoes in the pan (flesh down).
- Add the olive oil, salt, pepper, thyme and rosemary. Mix 2-3 times with care so they will not melt.
- When they turn golden, remove from heat, add butter and mix in order for the butter to spread.

For the cuttlefish

- Preheat oven over 180°C (356\* F) Set to Fan.
- Cut 1-cm squares on the flesh of the cuttlefish, creating a grid. Careful not to cut through.
- Heat half of the olive oil in a pan over medium heat. Add salt and pepper to the cuttlefish and sauté for 2-3 minutes on each side until golden.
- Using a **tong**, remove cuttlefish from pan and transfer to a baking pan.
- Place the baking pan in the oven and bake for 15-20 minutes.
- In the same baking pan, add the rest of the olive oil and let it heat.
- Thinly cut the peppers into 1 cm slices. Add them to the pan and sauté for 1-2 minutes until golden.
- Season with salt and pepper. Add ouzo and wait until it reduces by 2/3. Mix and transfer to a **bowl**.
- Cut the broccoli into florets. **Boil** them in plenty of salted water for 3-4 minutes until softened. Strain and transfer to the bowl with the peppers.
- Add the lemon juice to the bowl and mix with a wooden spoon.
- Serve the cuttlefish with peppers, broccoli, potatoes and lemon slices.

## Ingredients

For the potatoes

- 500 g salt, semi-coarse
- 500 g baby potatoes, unpeeled, washed
- 50 g olive oil
- salt
- pepper
- 5 g thyme, fresh, finely chopped
- 5 g rosemary, fresh
- 50 g butter

For the cuttlefish

- 500 g cuttlefish, cleaned
- 4 tablespoon(s) olive oil
- salt
- pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 1 green bell pepper
- 50 g ouzo
- 1 broccoli
- lemon juice, of 1 lemon
- 1 lemon, slices

## Διατροφικός πίνακας

Nutrition information per portion

302 Calories (kcal)	14.0 Total Fat (g)	5.5 Saturated Fat (g)	21.0 Total Carbs (g)
15%	20%	28%	8%
5.9 Sugars (g)	19.0 Protein (g)	5.7 Fibre (g)	- Sodium (g)
7%	38%	23%	-%