Greek cuttlefish and spinach stew

Method

- Chop the cuttlefish into 4 cm pieces.
- Heat the olive oil in a pot over medium heat.
- Finely chop the onion and garlic. Sauté the onion for 3 minutes until it is golden. Add the garlic and sauté for one minute.
- Add the cuttlefish and sauté for 5 minutes.
- Add the tomato paste and mix with a wooden spoon.
- Add the water and lemon juice.
- Cover pot with lid and simmer for 40 minutes until the cuttlefish soften.
- Add the spinach, chervil, dill and ⅔ of the spring onions. Season with salt and pepper. Mix and simmer for about 5 minutes.
- Remove pot from heat and serve with dill, spring onions and lemon zest.

Ingredients

- 500 g cuttlefish, cleaned
- 60 g olive oil
- 1 onion
- 2 cloves of garlic
- 1 tablespoon tomato paste
- 250 g water
- juice from 1 lemon
- 500 g spinach
- 1 bunch chervil
- 2 tablespoons dill, finely chopped
- 2 tablespoons spring onions, finely chopped

To serve

- 1 tablespoon dill, finely chopped
- spring onions, finely chopped
- grated zest of 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>209</td>
<td>5.8</td>
<td>0.9</td>
<td>8.3</td>
<td></td>
</tr>
<tr>
<td>10%</td>
<td>8%</td>
<td>5%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>7.1 Sugars (g)</td>
<td>26.0 Protein (g)</td>
<td>8.1 Fibre (g)</td>
<td>1.6 Sodium (g)</td>
<td></td>
</tr>
<tr>
<td>8%</td>
<td>52%</td>
<td>32%</td>
<td>27%</td>
<td></td>
</tr>
</tbody>
</table>