



Greek cuttlefish and spinach stew

10'

Hands on

55'

Cook Time

4

Portion(s)

1

Difficulty



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

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 $\frac{3}{4}$ 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.

Διατροφικός πίνακας

Nutrition information per portion

209 Calories (kcal)	5.8 Total Fat (g)	0.9 Saturated Fat (g)	8.3 Total Carbs (g)
10%	8%	5%	3%
7.1 Sugars (g)	26.0 Protein (g)	8.1 Fibre (g)	1.6 Sodium (g)
8%	52%	32%	27%