



Squid and Prawn Tagine

A beautiful summer dish that bursts with flavours of the Middle East.

You can make this dish just with squid, calamari, cuttle fish or prawns as well as some firm fleshed fish like rockling or monk fish.

Estimated preparation Time:	15 minutes
Completion Time:	15 minutes
Skill level;	easy
Serving size;	1
Rate this recipe;	
Average rating;	
Add to my recipe book;	
Share with friends:	
Equipment:	Electric Blender Pot with lid Spatula or wooden spoon

Ingredients

- ¼ of garlic clove peeled and crushed
- zest of ¼ lime (or lemon)
- Juice of ¼ lime (or lemon)
- 2 pinch of salt
- 1 pinch of pepper
- 1 tsp ground cumin
- ½ teaspoon of smoked paprika
- 1 cup of squid meat diced, or rings tenderized (most squid you buy is already tenderized)
- 3-5 prawn tails (depending on size) cleaned
- ½ small red capsicum (1/4 of a large one)
- 2/3 cup of chopped tin tomatoes
- 1 cup sliced celery (use yellow sticks if available)
- 1 tablespoon of butter (or any other cooking oil)
- ¼ of red onion sliced
- ½ cup fresh coriander, chopped roughly

Method

- 1; place into the mixing bowl garlic
- 2; add zest of lime
- 3; add juice of lime



- 4; add salt
 - 5; add pepper
 - 6; add cumin
 - 7; add paprika
 - 8; stir together and add squid and prawns to it
 - 9; stir again so the meat is well coated
 - 10; place capsicum into a blender cup
 - 11; add tomatoes
 - 12; add cellery
 - 13; blend to a smooth sauce
 - 14; heat the pot on a high heat for 1 minute
 - 15; add the butter
 - 16; add the onion
 - 17; cook for 2 minutes and stir occasionally
 - 18; add the meat and cook for 3 minutes and stir occasionally
 - 19; add the sauce
 - 20; bring to boil and place the lid onto the pot.
 - 21; remove from the heat and let stand for 3 minutes
 - 22; remove the lid and plate the dish
 - 23; sprinkle with coriander and serve
-

Note: the dish lasts well in the fridge for several days and freezes well

What can you serve with ? cooked quinoa, cous cous, bulghur, mahed or boiled potatoes and maybe some salad leafs