

# Squid goulash



Serves 2

*If you think you don't like squid because you have had it fried - and tough - think again and try this recipe! Stewed in a rich tomato sauce it becomes meltingly tender and utterly 'something else'.*



- 350g prepared squid
  - 1 onion
  - 1 carrot
  - 1 stick celery
  - 1 clove garlic
  - 2 red chillies
  - 2 tbsp fruity olive oil
  - 2 tsp Sweet or Hungarian paprika
  - ½ tsp picante or smoked paprika (optional)
  - 2 bay leaves
  - 400ml passata/sieved tomatoes OR 400g can chopped tomatoes
1. Leave the squid tentacles whole and cut the bodies into rings no more than 1cm thick. Finely dice the onion, carrot and celery and finely chop the garlic and chillies.
  2. Heat a saucepan, add the oil then the squid and cook for 2-3 minutes until the flesh becomes opaque. Add the onion, carrot and celery with the paprikas and bay and cook for a further 2 minutes over a medium heat. Add the garlic and chillies with the tomatoes and bring to the boil, then cover and simmer slowly for 45-60 minutes. Add a little water if the sauce becomes too thick.
  3. Remove the bay leaves, season to taste and serve with rice or pasta.