

Slow Cooked Squid In Olives, Tomatoes & Garlic

By Clodagh McKenna from her cookbook *Clodagh's Weeknight Kitchen*

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Serves 2

INGREDIENTS

3 tbsps olive oil
1 onion, diced
2 cloves garlic, crushed
400g tin of whole cherry tomatoes
200ml white wine
10 back olives, de-stoned and chopped
1 tsp dried oregano
1 tsp dried chilli flakes
750g squid, cut into inch rings
Sea salt and freshly ground black pepper

METHOD

Place a saucepan or casserole dish over a medium heat and allow to warm for 30 seconds. Add the three tablespoons of olive oil to the pan. Stir in the onion and garlic, cover and simmer for one minute. Next stir in the tomatoes, white wine, chopped black olives, dried oregano and one teaspoon of dried chilli flakes – cook for five minutes.

Stir the prepared squid rings into the tomato sauce, reduce the heat to low and cook for 30 minutes. Add water if the sauce needs to be loosened or if it looks dry. Season with sea salt and freshly ground black pepper.

