

Calamari tajine

Preparation time: 25 minutes

Cooking time: 40 minutes

Ingredients (for one person):

- 200 g of squid
- 2 large tomatoes
- 1 teaspoon of paprika
- 2 tablespoons of olive oil
- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon coriander
- $\frac{1}{4}$ teaspoon turmeric
- $\frac{1}{4}$ teaspoon ginger
- a pinch of saffron
- a pinch of salt
- a pinch of hot chilli pepper
- a bouquet of parsley and coriander finely chopped
- 1 clove garlic
- A bay leaf
- 1 teaspoon of fresh lemon juice
- 1 teaspoon of tomato puree.

Preparation

Clean and empty the squids. Cut the flesh in medium-sized dices (or in slice). Peel and grate two big tomatoes, straight into the tajine, add the bay leaf, tomato puree and 1 tablespoon of olive oil.

Chop finely and paste a clove of garlic and finely chop a small bunch of fresh parsley and coriander and put them into a bowl. Add all the spices and the fresh lemon juice with the 2 tablespoons of olive oil, mix well.

In a tajine put half of the marinade with the tomatoes and mix well. Mix the other half of into the bowl with the calamari.

Heat the tajine on a low heat, stirring when hot and again after about 30 minutes. Once the tomatoes have cooked down then you can add the calamari, cover and cook for 5 minutes.

Check the tajine from time to time. If the sauce is too dry, add hot water on the side of the tajine. Be careful not to overcook the calamari or they will become hard.

Enjoy your tajine!