

Squid, chickpea and chorizo stew

Cooking time: 20mins

For 4 people

Ingredients

- 400gr tinned tomatoes
- 400gr medium squid cleaned
- 400g chickpeas, drained
- Splash of olive oil
- 1 lemon, zest
- 120g cooking chorizo sausage, cut in 2cm rounds
- 1 onion chopped
- 3 garlic cloves, thinly sliced
- pinch of dried chilli flakes
- 1 tsp sweet paprika
- 50ml of white wine
- 250ml fish stock
- A big handful of greens (chard, spinach or kale)
- small handful parsley, roughly chopped
- salt and pepper to season

Instructions

1. Heat the oil in a small sauté pan over a medium-high heat. Add the chorizo and cook until the chorizo releases its oils and begins to turn crisp (2-3 mins)
2. Add the onion, sauté for 2–3 minutes, then add the garlic, Add chilli flakes and paprika and cook for 3–4 minutes, adding a splash of water if the mixture starts to stick.
3. Increase the heat to high, add the wine and let it bubble until it has reduced by half. Add the chopped tomatoes and stock, bring to a simmer and cook for 10 minutes.
4. In the meantime, prepare your squid. Cut the pouches into 4cm, scoring the inner surface, or slice into thick rounds. Cut any long tentacles in half.
5. If you are preparing in advance, you can leave this mixture sit until you are ready to finish the dish.
6. 10 minutes before serving, add the chickpeas to the pan and cook for 3–4 minutes, stirring occasionally. Add the squid, stir gently to submerge, and put a lid on the pan. Leave the squid to cook gently for 3–4 minutes. Season with salt and pepper, remove from the heat and stir through the greens and half of the parsley.
7. Ladle into bowls, grate over a little lemon zest and sprinkle with the remaining parsley before serving. Serve with chunky buttered slices of bread.