



APPETITE  THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Squid linguine

Ingredients:

- 450g cleaned squid tubes, cut into thin strips
- 300g linguine
- 4 cloves garlic, crushed
- 1/4 cup fresh parsley, chopped
- 525g tomato and basil pasta sauce
- 2 eschalottes, finely chopped
- 1/2 tsp dried chilli flakes
- 125ml dry white wine
- Salt and cracked pepper
- 1 tbsp olive oil

Method:

1. Heat oil in a heavy-based pan, add garlic and eschalottes, cook and stir for a few minutes

over medium heat.

2. Reduce heat, add chilli flakes and parsley, stirring for 30 seconds. Add tomato and basil pasta sauce.

3. Tip in white wine. Bring sauce to bubble and cook for 10 minutes until sauce starts to thicken.

4. Put a large pan of water on the boil and follow packet instructions to cook linguine.

5. Stir the squid into the sauce and by the time the sauce comes back to the boil the squid should be cooked and tender.

6. Drain pasta and add to the squid sauce. Toss to combine. Add salt and cracked pepper to taste. Garnish with fresh parsley.

Prep time: 15 min | Cook time: 25-30 min | Serves 4