

# Greek Stuffed Squid

Squid tubes are perfect for stuffing. Try this Greek inspired recipe

**Serves:** 4

**Time:** 1 hour & 15 minutes

**Difficulty:** Medium



## INGREDIENTS

- 1kg **Shore Mariner Raw Squid Tubes**
- 1/2 Cup olive oil
- 1 Onion
- 1 Cup grated carrot
- 1 Cup crushed tomatoes
- 1/2 Cup chopped parsley
- 1/2 Teaspoon dry oregano
- 1/2 Cup white wine
- 1 Cup uncooked rice
- Salt and pepper to taste

## METHOD

- In a large pot heat the olive oil over medium heat. Add the onion and saute for about 5 minutes, stirring regularly until soft and translucent. Add the grated carrots to the pot and cook for another 3 minutes
- Add the wine, crushed tomatoes, oregano, salt and pepper. Stir over medium heat for 5 minutes
- Preheat oven to 350 degrees and grease baking dish with olive oil
- Fill each calamari tube about halfway with the rice mixture and place on baking dish. If you have any filling left over add it to the baking dish.
- Drizzle with olive oil and bake, covered, on the bottom rack of your oven for 30 minutes. Remove the cover and bake for an additional 15 minutes

## COOKING TIP:

- Serve with some of the sauce and rice from the baking dish and a garden salad