



'Nduja Stuffed Squid

Makes: 2-4

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients:

500g (around 5) medium sized squid, cleaned and quill and tentacles removed (the tentacles can also be grilled!)

100g 'nduja

75g white rice

Small handful parsley leaves, finely chopped

Zest of 1 lemon

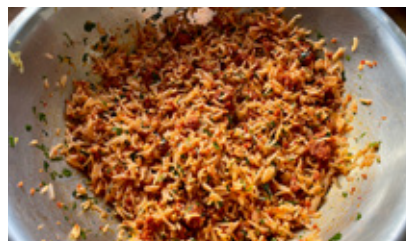
1 spring onion, very finely chopped

You will also need cocktail sticks, for securing the squid

Oil, for cooking

'Nduja is a spicy spreadable pork sausage from Calabria - a brilliant ingredient to use when you want to add a powerful punch of richness and spice. The heat levels vary between versions, and some can be quite fiery. Here it is used to flavour a stuffing for barbecued squid.

Method:



- 1.** First, cook the rice.
- 2.** While this is happening, place the 'nduja in a saucepan and melt it down gently, breaking it up with a spoon. Some 'nduja will melt down completely, while others will remain more 'sausagey'. Both are fine here.
- 3.** Once the rice is cooked, mix with the 'nduja, parsley, lemon zest and spring onion.
- 4.** Season with salt and pepper.
- 5.** Stuff each squid taking care not to over stuff, as the squid will shrink slightly during cooking. Secure each end with a cocktail stick and make a few slashes in the flesh.

Method Continued:



6. Preheat two gas burners on the Jupiter Outback BBQ to high heat. Once ready, rub the squid with a little oil, season with salt and pepper and place onto the grill.

7. Grill for around 4-5 minutes each side or until the squid is soft. Take care not to overcook as the squid will be chewy.

