



Italian Calamari Stew for the Soul!

NIBBLEDISH CONTRIBUTOR

Ingredients

Sicilian Calamari Stew with Okra and Olio Santa
serves 2

200g **Calamari**, cleaned and sliced
6 Medium **Okras**, top removed, sliced on bias
400g Canned Diced **Tomatoes**
2 **Garlic** cloves, chopped
1 Tbsp **Capers**
1 tsp **Dried Oregano**
1 cup **Couscous, Rice** or **Risoni**
Scallions for garnish
EVOO
Sea Salt
Black Pepper
Olio Santo or Chili Oil

Instructions

Everyone drinks chicken soup when their sick. I just need this. Try and let me know if you think the same!

- In a medium saucepan, saute garlic and Okras with a touch of EVOO until garlic turns golden brown. Season.
- Add tomatoes, capers, oregano and bring to boil. Simmer 10 mins.
- Add couscous and calamari. Simmer further 10 mins.
- Season and serve with Olio Santo and Scallions. Great with bread.