THE LIGHTER PLATE METHOD

Char-Grilled Squid with White Bean Purée

A silky garlicky bean purée underneath, quickly seared squid on top — restaurant food that's genuinely simple at home.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**15 min**	**30 min**	**4**	**MEDIUM**

Ingredients

- 500 g squid (cleaned and scored)
- 2 x 400g tins cannellini beans (drained and rinsed)
- 2 cloves garlic (1 crushed, 1 whole)
- 100 ml vegetable stock
- 3 tbsp olive oil
- 1 lemon (juiced)
- 1 small handful flat-leaf parsley (chopped)
- 0.5 tsp chilli flakes

Method

1. Simmer the beans, crushed garlic and stock together for 5 minutes, then blitz with 1 tbsp of the olive oil until smooth. Season well and keep warm.
2. Pat the squid completely dry — this is what gets you a good char instead of a rubbery boil.
3. Heat a griddle pan or heavy frying pan until smoking hot. Rub the squid with a little oil and cook for 90 seconds each side, until charred and just opaque.
4. Rub the warm bean purée bowl with the whole garlic clove, then spread the purée over plates.
5. Top with the squid, a squeeze of lemon, chilli flakes and parsley.

Tips & swaps

- The pan must be properly hot before the squid goes in, or it releases water and steams instead of charring.
- Ask your fishmonger to clean and score the squid if you'd rather not do it yourself.

Storage & reheating

Best eaten immediately — squid toughens quickly on reheating.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
310	**28g**	**22g**	**12g**	**8g**

Estimated values, for guidance only. Contains: Molluscs.