ITALIAN · LUNCH · DINNER

Seppie con Piselli (Romagna Cuttlefish Stewed with Peas)

Seppie con i piselli

40 min · Serves 5 · 349 kcal a serve · Video 6:49 in Italian · Hotel Stella del Mare

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

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34 g protein, 7 g fibre and 15 g net carbs a serve: Adriatic cuttlefish stewed with peas in a light tomato sauce; rich in selenium, iron and vitamin B12.

Diet notes: Low saturated fat (1.9 g, 5% of the energy).

Ingredients 8 · SERVES 5

- [ ] 3¼ lb whole **cuttlefish** (weight before cleaning), cleaned and cut into strips
- [ ] 1¼ lb **frozen peas**
- [ ] 4–5 tbsp extra **virgin olive oil**
- [ ] ½ medium **onion**, finely chopped
- [ ] 1 tbsp **tomato paste**
- [ ] 1 tbsp chopped **parsley**
- [ ] **salt**, to taste
- [ ] 1 tsp **ground black pepper** (or chilli, or both)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Molluscs. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Clean the cuttlefish and cut it raw into strips. Pour the olive oil into a large, wide pan. 0:39
2. Heat the oil, add the chopped onion and let it soften for about a minute; it should not brown. 1:08
3. Add the cuttlefish and let it heat through and take on the flavour of the onion. 1:35
4. Stir in the tomato paste and cook a moment longer. 2:13
5. Add the parsley, then a little water (not too much: the cuttlefish releases its own liquid), salt to taste and the pepper. 2:44
6. Bring to the boil over high heat, then lower the heat and simmer for about 15 minutes, until a piece of cuttlefish is tender to a fork. Add a splash more water if it dries out. 3:49
7. Add the frozen peas and cook for 3–5 minutes more, until just tender. Taste for salt. 4:14
8. Serve hot, with plenty of the sauce. 5:24

> **Tip** Laura uses frozen peas because they stay firmer than tender fresh spring peas. Squid works instead of cuttlefish. In Romagna it is often eaten as a one-dish meal.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
349 kcal	**34 g**	**22 g**	**7.1 g**	**14 g**	**1,010 mg**
1,460 kJ	67% of a day	15 g net · 8.1 g sugars	25% of a day	1.9 g saturated	44% of a day
		8% of a day		17% of a day	

Energy from net carbs 19% · protein 42% · fat 39% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 186% · Selenium 139% · Iron 61% · Vitamin K 44% · Zinc 40% · Vitamin C 30% · Vitamin B6 29% · Omega-3 29% · Vitamin E 27% · Vitamin A 25% · Folate 25% · Magnesium 24%

Source of (10–19%) Potassium 19% · Calcium 15%

Recipe and video: Hotel Stella del Mare (@HotelStelladelMare) on YouTube — youtube.com/watch?v=giW4Sj0TZQ4, published 1 April 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/seppie-con-piselli