GREEK · DINNER · LUNCH

Soupies me Spanaki (Greek Cuttlefish Stewed with Spinach)

Σουπιές μερακλίδικες

60 min · Serves 4 · 585 kcal a serve · Video 5:30 in Greek · Golfo in the kitchen Γκόλφω Νικολού

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

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56 g protein and 11 g net carbs a serve from cuttlefish stewed with half a kilo of spinach per person, giving 12 g fibre and well over a day's folate, vitamin A and vitamin K.

Diet notes: Low saturated fat (4.7 g, 7% of the energy).

Ingredients 11 · SERVES 4

- [ ] 2¼ lb **cuttlefish** (soupies), cleaned and cut into pieces
- [ ] 4½ lb **fresh spinach**, washed and roughly chopped
- [ ] **olive oil**, 1 wine glass (about ½ cup)
- [ ] 4 **spring onions**, chopped
- [ ] ½ bunch **dill**, chopped
- [ ] **Cooking wine**: 1 shot (about 2½ tbsp) ouzo or white wine
- [ ] **sweet paprika**, a pinch
- [ ] **garlic powder**, a pinch (optional)
- [ ] ½ tsp **tomato paste**
- [ ] a little **salt**
- [ ] **lemon wedges**, to serve

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

Allergens found in the listed ingredients: Molluscs, Sulphites. 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 into bite-size pieces; wash the spinach well and chop it roughly. 0:15
2. Warm the olive oil in a wide pot and soften the spring onions and dill for a few minutes. 0:55
3. Add the cuttlefish with the paprika and garlic powder and stir over medium heat until it gives up its liquid and starts to colour. 1:20
4. Pour in the ouzo (or white wine) and let it bubble off, then cover and simmer gently until the cuttlefish is tender. 1:59
5. Stir in the tomato paste loosened with a little water and season lightly with salt. 2:30
6. Add all the spinach and keep turning it as it wilts, then cook uncovered, stirring now and then, until it has collapsed and most of the liquid has cooked off. 2:45
7. Serve hot with lemon wedges. 4:00

> **Tip** Serves 4 is our estimate. Frozen cleaned cuttlefish works well; squid cooks faster. Cuttlefish is naturally salty, so salt lightly. A Lenten favourite in Greece, eaten with plenty of lemon and a little bread.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
585 kcal	**56** g	**23** g	**12** g	**33** g	**1,720** mg
2,450 kJ	111% of a day	11 g net · 2.7 g sugars	42% of a day	4.7 g saturated	75% of a day
		8% of a day		42% of a day	

Energy from net carbs 8% · protein 40% · fat 52% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin K 2053% · Vitamin A 293% · Vitamin B12 281% · Folate 254% · Selenium 213% · Vitamin C 177% · Iron 155% · Vitamin E 118% · Magnesium 114% · Omega-3 89% · Vitamin B6 81% · Potassium 79% · Zinc 63% · Calcium 57%

⚠ One serve has about 75% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Golfo in the kitchen Γκόλφω Νικολού (@golfointhekitchenGolfaki) on YouTube — youtube.com/watch?v=P842K4Pz4kc, published 13 March 2021. 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/soupies-me-spanaki-cuttlefish-spinach