

This dish offers a lovely combination of Mediterranean flavours that adds a little something to run-of-the-mill squid.

Mediterranean Squid and Vegetable Casserole

Timetable: from start to table in 30 minutes

Preparation 15 minutes | Cooking 15 minutes

Cook the onions in half the olive oil with the garlic, anchovies and chilli, until the onions are soft but not brown.

Add the aubergine and cook for 5 minutes, stirring regularly.

Add the oregano or marjoram, basil and courgettes, and cook until the courgettes start to wilt – about 3 minutes.

Finally, add the roasted red peppers, tomatoes and vinegar. Heat through.

Meanwhile, towards the end of the vegetable cooking time, pan-fry the squid in the remaining olive oil over a high heat for about 1 minute. Take care not to overcook the squid, since it will then become very tough.

Just before serving, add the squid to the vegetables. Season to taste and garnish with basil leaves.

Anthony's tip The vegetable mix makes a good base for other forms of protein, too. Try it with chicken, prawns or fillets of fish.

Serves 6

2 onions, peeled and roughly chopped

4 tbsp extra virgin olive oil

2 cloves garlic, peeled and chopped

2 anchovies, mashed

1 chilli, finely chopped

1 aubergine, peeled and cut into 2.5cm (1in) cubes

2 tbsp oregano or marjoram leaves

2 tbsp ripped basil leaves

225g (8oz) courgettes, thinly sliced

4 roasted red peppers, from a shop-bought jar, sliced

200g (7oz) can chopped tomatoes

1 tbsp balsamic vinegar

450g (1lb) squid, cleaned and cut into small squares

Salt and ground black pepper

TO SERVE

A handful of fresh basil leaves

