

STARTER & SNACK

Calamari Macaronatha

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	15 min	40 min	4	\$3.33	740 kcal



Calamari Macaronatha takes about 55 minutes from beginning to end. This recipe serves 4 and costs \$3.33 per serving. One portion of this dish contains about 35g of protein, 29g of fat, and a total of 740 calories. It is brought to you by Allrecipes.

Ingredients

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| ☐ 2 bay leaves | ☐ ½ cup grated Mizithra cheese |
| ☐ 1 cinnamon stick, broken in half | ☐ ¼ teaspoon dried basil leaves |
| ☐ ¼ cup dry white wine | ☐ 2½ cups elbow macaroni |
| ☐ 6 tablespoons extra virgin olive oil | ☐ 4 cloves garlic, minced |
| ☐ 4 servings salt and ground black pepper to taste | ☐ ½ lemon, juiced |
| ☐ 1 large onion, chopped | ☐ ½ teaspoon dried oregano |
| ☐ ¼ cup red wine vinegar | ☐ 1 pound squid, cleaned |
| ☐ 1½ cups crushed tomatoes | |

Method

- 1 Bring a large pot of lightly salted water to a boil.
- 2 Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- 3 In a small sauce pan, boil the squid in 3 cups of water mixed with the red wine vinegar for 8 to 10 minutes.
- 4 Drain, cut into bite-sized rings/pieces, and set aside.
- 5 Heat the olive oil in a large heavy skillet.
- 6 Saute the onion and garlic until onion is tender, but not brown. Stir in the squid, and saute for 2 minutes.
- 7 Pour in the crushed tomatoes, white wine and lemon juice. Season with cinnamon stick, bay leaves, basil, oregano, salt and pepper. Bring to a boil, reduce heat, and simmer 15 to 20 minutes partially covered, stirring occasionally.
- 8 Remove from heat, and mix in cooked pasta.
- 9 Serve topped with grated cheese.

Nutrition per serving

740

KCAL

35 g

PROTEIN

29 g

FAT

82 g

CARBS

Saturated Fat	6.3 g · 40% of daily needs
Fibre	5.9 g · 23% of daily needs
Sugar	8.3 g · 9% of daily needs
Sodium	272 mg · 12% of daily needs
Cholesterol	278 mg · 93% of daily needs
Vitamin C	19 mg · 23% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/calamari-macaronatha-142066