

Salt and Pepper Squid (Grilled)



Serves 4

Ingredients

3 calamari tubes /or large cleaned squid hoods

Drizzles of olive oil

3 teaspoon of Le' Spice Salt and Pepper Spice Mix

Chopped red chilies and coriander for garnish

Lemon

Method

Using a large sharp knife cut through 1 side of the squid hood lengthways.

Open up and lay the squid flat on the chopping board with the inside surface facing up.

Score the surface diagonally to make criss cross pattern.

Cut into 3.5 cm square and pat dry with kitchen towel

Heat the grill lightly brushed with oil

Add the squid in a medium size bowl.

Drizzle the olive oil and toss gently until the squid is well coated with oil

Add 3 teaspoon of Le' Spice Salt and Pepper Spice Mix – toss again gently until the squids are well coated with spices

Cook the squids over the grill between 30 seconds up to 2 minutes until the edges curls up. Do not overcook as they will become to rubbery

Serve the squids in a platter, garnish with chopped coriander chilies and lemon juice over a bed of green salad.

Note: substitute the squid with white firm fish or prawns