

Avocado, Calamari, Rocket Salad 028



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with Toasted Gabata

Recipe No.0284-6 Calamari steaks (prepared in steps 1,2 & 3)

5 tbsp verjuice

2 tsp Dijon mustard

3 tbsp virgin olive oil

4 tbsp lemon juice and zest the skins

8 slices of Ciabatta bread (crust removed and toasted)

3-4 avocados – depending on size

400 grams fresh rocket lettuce

Pecorino Cheese as an option if required1. Toss Calamari in a pan with lemon zest and cook in its own juice until it turns white

2. Drain and set aside

3. Combine the Verjuice, mustard, oil and lemon juice in a large bowl

4. Add sliced avocado to dressing and stir to coat gently

5. Add rocket and calamari to the salad bowl

6. Toss gently and tear in Ciabatta bread

7. Drizzle a little more virgin olive oil if required and serve straight away

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Chef's Tips:

Freshly shaved Pecorino Cheese adds a nice touch

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Serves 4-6

ENJOY!

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