

Calamari Glass Noodle Salad

011



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Recipe No.011

400gms Calamari steak
200gms dried bean thread noodles
or vermicelli glass noodles
100gms carrots cut into thin strips
100gms Lebanese cucumber seeded & threaded
1 small red onion finely sliced
100gms snow peas finely sliced
100gms red capsicums finely sliced
Coriander stalks finely sliced
Coriander leaves chopped for garnish

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Dressing:

2 tbsp pineapple juice
1 1/2 tbsp lime zest finely grated
3 tbsp lime juice
2 tbsp brown sugar
100mls low-fat coconut milk
1 1/2 tbsp fish sauce
1 1/2 tbsp mirin
1. Toss Calamari in a hot pan, sweat and cook in its own juices

Set aside in the refrigerator

2. Place noodles in a large bowl and cover with boiling water until cooked; then strain and run under cold water to stop it cooking further

3. With noodles in a large bowl and cooked, toss in all ingredients (except coriander leaves) and toss gently using your fingers

4. Mix dressing together until the sugar dissolves then pour over noodles

Toss gently and garnish with the coriander leaves

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Serves 6 people

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Chef's tips:

As was mentioned, rice vermicelli is a great substitute; Lacewood Apricot and Lime added to the dressing is nice also

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Calamari can be used also by cutting finely as discussed in the calamari spaghetti recipe

ENJOY!

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