

Calamari Shredded 020



Calamari Shredded

with Garden Green Snake Beans and Asparagus

Recipe No.020

500 grams Calamari steaks (shredded as in Step 4)

Flat leaf Italian Parsley – chopped

500 grams Asian Snake Beans or Flat Green Beans

3 garlic cloves –crushed, peeled and finely sliced

2 bunches asparagus (snapped to remove woody ends)

Parsley for garnishing

80 grams butter – unsalted

2 tbsp grated lemon zest

2 tbsp chopped dill

3 tbsp toasted pine nuts

2 tbsp virgin olive oil

Rock salt & cracked pepper1. Mix butter with zest and dill – season to taste with rock salt & cracked pepper

2. Roll into a log, wrap in cling wrap and chill until solid

3. Cut beans and asparagus into strips

4. Cook in a pan of salted boiling water until soft

5. Drain and divide into serving plates or onto a large platter

6. Heat oil in a frying pan and cook garlic for 30 seconds

7. Toss in Calamari and cook until white – season to taste

8. Place with warm beans and asparagus and slice a thick disc

of butter dill on top

9. Garnish with nuts and chopped parsley

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Serves 4

ENJOY!

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