

Char Grilled Calamari Steak 005



Char Grilled Calamari Steak

with Cherry Tomatoes, Red Onion and Rocket Salad

Recipe No.005

- 4 Calamari steaks
- 1 punnet of cherry tomatoes
- 1 bunch of flat leaf parsley
- 3 crushed garlic cloves
- 3/4 cup of virgin olive oil
- 1/4 cup of lemon juices
- 1 red onion
- Rocket salad
- Ground pepper
- Sea salt
- 2 whole lemons
- Red wine vinegar

Salt and pepper to taste
1. Combine olive oil, lemon juice, crushed garlic and chopped parsley

2. Set a little aside for garnish and pour the rest of the marinade over the calamari steaks

3. Cover with cling wrap and refrigerate for 15 minutes

4. Place rocket salad in a bowl with finely sliced onion, cherry tomatoes (sliced in half)

5. Drizzle with olive oil, a touch of red wine vinegar, salt and pepper to taste

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6. On a hot grill plate or Griddle, place marinated calamari steaks, removing any excess oil

7. Cook 1-2 minutes each side – When steak is firm and white, remove from grill

8. Slice steaks at a 45o angle and place on your serving plate

9. Drizzle the set-aside marinade over slices of calamari

10. Serve with salad

11. Squeeze half a lemon over calamari if required

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Chef's tip:

A nice slice of crusty bread would go well with this dish

ENJOY!

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