Char Grilled Calamari Steak 005

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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 onionRocket salad
Ground pepper
Sea salt
2 whole lemons
Red wine vinegar
Salt and pepper to taste1. 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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