

# Sambal Calamari 014



## Sambal Calamari

Recipe No.0144-6 Calamari steaks

Sambal Oelek

Sharwood's Tandoori Paste Easy tomato sauce

1/2 cup of cream

Peanut Oil Spring onions

1 bunch of coriander  
1. To make sambal sauce, heat peanut oil in a deep pan and add 1/4 cup of Sharwood's Tandoori Paste

2. Cook for 2 minutes

3. Add 1/2 cup of Sambal Oelek, 2 cups of easy tomato sauce – Simmer for 8-10 minutes and set aside

4. Prepare Calamari steaks as shown in Diagram 1,2 and 3

5. Add all to sauce, stir and half cook

6. Add cream (use more depending on how hot or mild you like the Sambal)

7. Cook Calamari through

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Serve on a plate with rice and your choice of wilted greens garnished with sliced spring onions and chopped coriander

**ENJOY!**

