

Tandoori Calamari 016



Tandoori Calamari

Recipe No.0164-6 Calamari steaks thawed, rinsed and patted dry
Peanut or Vegetable Oil for frying in

Sharwoods or similar Tandoori Paste

Small tub of natural yoghurt

Small tub of cream

2 cups of Easy Tomato Sauce

1. Thaw and wash steaks

2. Prepare steaks using methods outlined in Diagram 1,2 & 3

3. Marinate steaks in a little peanut oil and lemon juice for 10 minutes

4. In a pan, gently warm oil and add 125 gms Sharwood Tandoori Paste. Stir and cook until you can smell all the flavours

5. Add 2 cups of Easy Tomato Sauce and gently bring to the boil. Set aside

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6. In a deep frying pan, heat peanut oil and add marinated steaks. Half cook steaks then add Tandoori Paste and fold through the yoghurt and cream

7. Bring to the boil then simmer for a few minutes

8. Serve with steamed rice and garnish with chopped coriander and some wilted greens (bok choy etc)

ENJOY!

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