

Thai Five-Spice Calamari 015



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Recipe No.015

4-6 Calamari steaks thawed, rinsed and patted dry

Peanut or Vegetable Oil

Bunch of Coriander leaves

Five-Spice Mix:

Mix all ingredients together & keep in an airtight container for further use:

1 tsp each of:

- sugar
 - cardamom powder
 - salt
 - white pepper
 - chicken powder
1. Mix all ingredients for Thai sauce mixture and set aside

2. Prepare calamari steaks as shown in diagrams 1, 2 and 3

3. Heat peanut oil in pan and toss in Calamari pieces and half cook them

4. Add the Thai sauce and cook through

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Assemble the dish:

1. Place cooked calamari on a plate and sprinkle a little Five

Spice Mix

2. Garnish with chopped flat leaf coriander

3. Serve with steamed rice and wilted bok choy

ENJOY!

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