



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CALAMARI SALAD

Time: 15 minutes plus marinating time

Serves: 4

Ingredients:

For the calamari:

½ cup fresh lemon juice
3 cloves garlic – crushed or minced
1 teaspoon crushed red pepper flakes
¼ teaspoon kosher salt
1 pound calamari
1 tablespoon virgin coconut oil

For the salad:

1 tablespoon fresh lemon juice
2 tablespoons olive oil
1 clove garlic – crushed or minced
½ teaspoon kosher salt
⅛ teaspoon fresh crushed black pepper
2 heads romaine lettuce – washed and chopped or torn

Calamari Preparation:

Mix the lemon juice, garlic, pepper flakes, and salt. Place in a zip top bag and add the calamari. Remove the air from the bag and refrigerate at least thirty minutes or as long as overnight.

Preheat a wok on high heat, add the coconut oil then add the calamari and stir-fry for two minutes. Remove from heat and serve over the salad.

Salad Preparation:

Whisk together the lemon juice, olive oil, garlic, salt and pepper. Drizzle over the romaine, toss and serve.

Nutritional Information Per Serving:

Calories: 296
Fat: 20g
Carbs: 12g
Fibre: 5g
Protein: 21g