



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GRILLED CALAMARI

Time: 20 minutes (plus marinating time)

Serves: 4

Ingredients:

¼ cup extra-virgin olive oil
4 teaspoons fresh lemon juice
1 teaspoon fresh oregano – finely chopped
1 large clove garlic – very finely chopped or crushed
½ teaspoon fresh ground black pepper
¼ teaspoon kosher salt
1 pound calamari rings
1 head romaine lettuce – washed and chopped or torn

Preparation:

In a small bowl, mix the olive oil, lemon juice, oregano, garlic, pepper and salt.

Place the calamari in a zipper seal bag and pour in half of the marinade mixture. Remove as much air from the bag as possible, seal and refrigerate for thirty minutes or up to overnight.

Preheat your barbecue and grilling basket on high.

Pour the calamari along with its marinade into the grilling basket and spread across the bottom. Stir once per minute for three minutes then immediately remove the calamari from the basket.

Dress the romaine with the remaining marinade mixture and plate. Top with the calamari and serve immediately.

Nutritional Information Per Serving:

Calories: 225
Fat: 13g
Carbs: 9g
Fibre: 3g
Protein: 20g