



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GRILLED SQUID

Time: 20 minutes

Serves: 4

Ingredients:

400g squid bodies
45g extra-virgin olive oil
1g kosher salt
1 small clove garlic - finely chopped or grated
Few grinds fresh ground black pepper
10g fresh lemon juice
5g parsley – finely chopped

Preparation:

Preheat grill to its highest heat.

Using paper towel, dry the squid bodies. Toss the squid with 15 grams of the olive oil.

Grill the squid for two minutes per side. Remove from heat.

In a small bowl, whisk together the remaining olive oil, salt, garlic, pepper and lemon juice.

Toss the squid with the vinaigrette and parsley. Serve immediately.

Nutritional Information Per Serving:

Calories: 189
Fat: 13g
Carbs: 3g
Fibre: 0.1g
Protein: 16g