



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CALAMARI SALAD

Time: 30 minutes

Serves: 4

Ingredients:

81g kosher salt
300g squid rings
40g extra-virgin olive oil
20g fresh lemon juice
1 clove garlic - very finely chopped or grated
0.5g chili flakes
4 navel oranges - supremed
1 small bulb fennel - very thinly sliced
1/2 red onion - very thinly sliced
12 sundried and pitted black olives - roughly chopped
20g Italian parsley leaves

Preparation:

Bring 5 litres of water and 80g of the salt to a boil on high heat in a large pot.

Add the squid, cooking for 90 seconds. Strain the squid and place in an ice bath.

In a small bowl, whisk together the remaining 1g salt, olive oil, lemon juice, garlic and chili flakes.

Drain the squid and toss with the oil mixture.

Toss with the remaining ingredients and serve.

Nutritional Information Per Serving:

Calories: 261
Fat: 12g
Carbs: 28g
Fibre: 5g
Protein: 14g