

Recipe of the Week!

Squid Salad

500g Squid Tubes
1 tablespoon Chilli Oil
1 tblspn lemon rind
2 teaspns crushed black peppercorns
30g coriander leaves
30g mint leaves
30g basil leaves

Lemon and Chilli Dressing

1 chopped fresh green chilli
2 tblspns brown sugar
3 tblspns lemon juice
2 tblspns light soy sauce

Combine oil, lemon rind and peppercorns in a shallow dish.

Add squid and marinate for minimum 30 mins.

Line a serving platter with coriander, mint and basil leaves.

Cover and refrigerate until required.

Combine chilli, sugar, lemon juice and light soy sauce in a bowl.

Pre-heat pan, char-grill or BBQ to high heat.

Cook the squid for 30 secs each side or until tender

(be careful not to overcook or squid will become tough)

To serve, place squid on herb platter and drizzle with the dressing.