

Recipe of the Week

Quick 'n' Easy

Salt & Pepper Squid



- 800g Cleaned Squid Tubes,
cut into rings
- 3-4 Egg Whites, lightly beaten
- 2 Green Onions, finely sliced
- 2 Cups Cornflour
- Vegetable Oil
- 3 1/2 Tbsp Sea Salt
- 3 1/2 tsp Ground Hot Szechuan Pepper
- 1 Red Chilli, finely sliced
- 1 Tbsp Cracked Black Pepper
- Lemon to Serve

Place salt, peppers, chilli, onion, egg whites and flour in a bowl and stir until combined.

Add enough vegetable oil to a wok or deep frying pan until a third full. Heat to 190oC or until a cube of bread dropped into oil browns in 15 seconds.

Combine squid with other ingredients and coat well.

Cook squid in batches for 2 minutes or until crisp and golden.

Drain on paper towel.

Sprinkle with extra green onions and cracked black pepper.

Serve with Lemon Wedges and a green salad