



## GRILLED CALAMARI SALAD

- ½ Iceberg lettuce, coarsely shredded
  - ¼ Red cabbage, finely shredded
  - 1 Large Lebanese cucumber, cut length ways and sliced
  - 100g Snow peas, blanched and refreshed
  - 800g Calamari tubes
  - 2 French shallots, finely diced
  - 1 Tbsp minced ginger
  - ½ Tbsp chopped chili
  - ½ Tbsp minced garlic
  - 1 Tbsp chopped lemongrass
  - 2 Lemons, quartered
- Sea salt and fresh ground black pepper

In a large mixing bowl combine the lettuce, cabbage, cucumber and snow peas. Then refrigerate.

Prepare the calamari by cutting through the length of the tube and lay out with the inner surface of the tube, face up.

Score with a knife without cutting through to the other side in a close diagonal direction, one way and then the opposite, to make a diamond pattern.

Pat dry with kitchen paper then slice into 5cm strips.

Toss the calamari strips in some oil.

Get BBQ hot. Cook calamari on a very hot BBQ hotplate scored-side down, for 1 - 2 minutes or until it has nice char marks. Then turn the calamari strips over until curled, then immediately transfer to a bowl.

Once all the calamari is cooked, set a wok or large frying pan on high heat.

Add 4 tablespoon of the oil to the pan and fry the shallots and ginger for 1 minute before adding the chill, garlic and lemongrass and frying for another minute. Do not allow to burn.

Return the calamari to the pan and toss continuously for 1 minute.

Pour calamari over the salad and serve immediately with the lemon wedges.