



Calamari

Do not put sauce over Cajun or fried



Small Pan

Contains Shellfish - Fish - Dairy

INGREDIENTS

- Grilled
- 110g calamari tubes
- 10g OB fish spice
- 10ml Rapeseed Oil
- Fried
- 110g calamari tubes
- 8g OB dry mix
- 35ml Rapeseed Oil
- Cajun
- 110g calamari tubes
- 10ml Rapeseed Oil
- 5g Cajun Spice
- Served with 30ml creamy lemon sauce

METHOD

- 1 Grilled:
- 2 Season the calamari with OB fish spice.
- 3 Grill on the flat top for approx. 4 minutes. Fried
- 4 Dust the calamari with OB dry mix.
- 5 Fry in the fryer for approx. 2 min.
- 6 Drain off excess oil. Cajun
- 7 Season the calamari with Cajun spice.
- 8 Grill on the flat top for approx. 4 minutes.
- 9 Serve in a starter pan and garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep Fryer

NOTES

- Do not put sauce over Cajun or fried