



Calamari & Cod

Do not put sauce over Cajun or fried

Large Pan

Contains Shellfish - Dairy



INGREDIENTS

- 110g calamari tubes - grilled, fried or Cajun
- 240g cod - grilled, fried or Cajun
- 200g Side
- 60ml creamy lemon sauce

METHOD

- 1 Grill, fry or Cajun the cod.
- 2 Grill fry or Cajun the calamari.
- 3 Place the calamari, cod and side in a large pan.
- 4 Ladle over the creamy lemon sauce over the cod and calamari. Do not put sauce over Cajun food.
- 5 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