Calamari & Cod

Do not put sauce over Cajun or fried



Large Pan | Contains Shellfish - Molluscs - Fish - 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