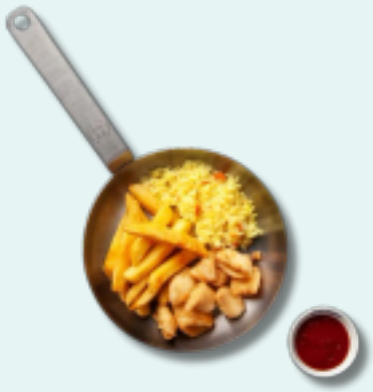
# Crispy Calamari

Kids grilled or fried calamari with chips, rice and tomato sauce.



Small Pan with sauce bowl.

Contains Molluscs - Gluten

## INGREDIENTS

- 110g Calamari
- 50g Chips
- 50g Rice
- 25ml Tomato sauce
- Grilled: 10g Fish spice + 10ml Vegetable oil
- Fried: 8g OB Dry mix + 35ml Palm oil

## METHOD

1. Grilled: season the calamari with OB fish spice. Grill on the flat top for approx. 4 minutes.
2. Fried: dust the calamari with OB dry mix. Fry in hot oil (180°C) for approx. 2 mins. Drain off excess oil.
3. Place the tomato sauce in a sauce bowl in a small pan.

## GARNISH

- 1 lemon wedge

## EQUIPMENT

- Skimmer
- Deep Fryer
- Flat top grill
- Spatula

## WATCH THE METHOD

Frying calamari https://www.youtube.com/watch?v=S9R9fxg1dSc