Spicy Calamari

Grilled calamari finished in spicy sauce and served with bread rolls and side.



Large pan, small pan, small coloured plate with serviette.

Contains Molluscs - Gluten

INGREDIENTS

- 220g Calamari Tubes & Heads (grilled)
- 5g OB Fish spice
- 10ml vegetable oil
- 180ml spicy sauce
- 2 OB bread rolls
- 1 x side of choice

METHOD

1. Grill the calamari according to OB standards.
2. Spoon the spicy sauce into a large pan and place on medium heat.
3. When the sauce starts to simmer, add the calamari and mix through.
4. Serve with 200g side of choice in a small pan, and bread rolls on a small plate with a serviette.
5. Garnish with green garnish and a lemon wedge.

GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

EQUIPMENT

- Flat top Grill
- Spatula
- Boiler table
- Large spoon

TIPS

- Do not overcook the calamari when grilling.

WATCH THE METHOD

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