



Crispy Calamari

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



Small Pan with sauce bowl.

Contains Shellfish - Fish

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>