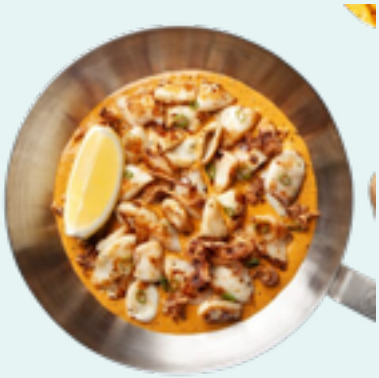
Tangy Garlic Calamari

220g grilled calamari tubes and heads tossed in spicy sauce, served with a side and bread rolls.



Large pan and small pan. Takeaway: soup & salad bowl, chip packet for chips and bread.

Contains Molluscs - Gluten

INGREDIENTS

- 220g Calamari tubes and heads (grilled)
- 5g OB Fish spice
- 10ml Rapeseed oil
- 180ml Spicy sauce
- 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. Allow for a little cooking time once it is in the sauce.

TAKEAWAY

Soup & Salad bowl. Chip packet for chips.