



INGREDIENTS:

- ☐ 500 g Breco Squid Tubes sliced into
- ☐ paper thin rings
- ☐ Flour for dusting
- ☐ Salt to taste
- ☐ Cayenne pepper (optional)
- ☐ Oil for frying
- ☐ ½ cup very thinly sliced fennel bulb
- ☐ 2 tbsp finely chopped fennel fronds (the leaves)
- ☐ 2 tsp lemon zest
- ☐ 1 tbsp chopped dill
- ☐ 3 tbsp chopped fresh parsley
- ☐ 2 cloves finely crushed garlic
- ☐ 1 red pepper diced
- ☐ 1 red chilli finely chopped
- ☐ 2 long ribs of celery thinly sliced
- ☐ 2 tbsp chopped capers
- ☐ ½ cup lemon juice
- ☐ ¾ cup cup olive oil
- ☐ Salt and pepper to taste

METHOD:

01. To make the squid, season the flour with a little salt and cayenne pepper, and dust the squid rings in flour. Heat some oil in a frying pan and fry the calamari in small batches until just cooked.
02. Next, mix all salad ingredients together and stir in the squid. Let it rest for 30 minutes before serving.