

SQUID STRIPS IN LEMON HERB BUTTER

Serves 4



INGREDIENTS:

- ☐ 600 g Breco Squid Steaks, cut into 1 cm thick strips
- ☐ 2 tsp grated ginger
- ☐ 2 cloves grated garlic
- ☐ 1 small chilli finely chopped
- ☐ 1 tsp olive oil
- ☐ Salt and pepper to taste
- ☐ 1 cup corn flour
- ☐ 4 tbsp olive oil
- ☐ Juice of 1 ripe lemon
- ☐ 3 tbsp butter
- ☐ Zest of 1 ripe lemon
- ☐ 2 spring onions with tops chopped
- ☐ 4 cloves of grated garlic
- ☐ 2 tbsp chopped coriander or flat leaf parsley

METHOD:

01. Place the squid strips in a bowl with the ginger, garlic, chilli and olive oil. Season with salt and pepper to taste and stir together well. Dust the strips with cornflour.
02. Heat half of the olive oil in a non-stick frying pan and fry the squid strips in three batches until golden and set aside; add more oil as needed.
03. Pour off any oil from the pan and add the lemon juice, butter, zest, spring onions and 4 cloves of grated garlic. Cook stirring for 1 minute and then return the squid to the pan; stir to coat.
04. Serve with savoury rice and a crisp green salad.