CAPE COAST BRAAI CALAMARI SALAD

Serves 4 | Prep time: 20 min | Cook time: 25 min



Tender poached calamari, flash-braaied for a smoky char, with charred peppers, braaied strawberries, feta and a bright green herb purée.

RECIPE BY BEVAN OLIVER, CAPE TOWN

INGREDIENTS:

SALAD

- [ ] 350g Breco Squid Strips
- [ ] 180g spinach
- [ ] 1 red and 1 yellow pepper
- [ ] 1 white onion
- [ ] 10 strawberries
- [ ] 100g olives
- [ ] 85g feta cheese
- [ ] Olive oil, for drizzling
- [ ] 2 lemons, to serve

POACHING LIQUID

- [ ] 4 bay leaves
- [ ] 4 sprigs fresh thyme
- [ ] 15g (1 tbsp) black peppercorns
- [ ] 8g (1½ tsp) sea salt
- [ ] Juice of 1 lemon

GREEN HERB PURÉE

- [ ] 125ml (½ cup) vegetable oil
- [ ] 30ml (2 tbsp) olive oil
- [ ] 100ml apple cider vinegar
- [ ] 20ml (4 tsp) crushed garlic
- [ ] 10ml (2 tsp) mild mustard
- [ ] 60ml (¼ cup) chopped fresh herbs (parsley, oregano, fennel and dill)
- [ ] 20ml (4 tsp) water
- [ ] Pinch of salt

METHOD:

01. **Make the purée:** blend all the purée ingredients until smooth and bright green. Season and set aside.
02. **Prep:** slice the peppers and onion, halve the olives, and wash and dry the spinach. Halve the strawberries, leaving the tops on.
03. **Poach the calamari:** bring water, the bay leaves, thyme, peppercorns, salt and lemon juice to the boil. Add the calamari and poach gently for 60–90 seconds. Move to iced water, then drain and dry well. Toss in a little olive oil.
04. **Braai:** over medium-high coals, char the onion and peppers until soft. Grill the strawberries for 1–2 minutes per side. Flash-braai the calamari for 30–45 seconds per side.
05. Arrange the spinach on plates and top with the warm calamari, vegetables, olives, strawberries and crumbled feta.
06. Drizzle with the herb purée and squeeze over fresh lemon.