

Paprika calamari with corn salad & coriander sauce

Ingredients: (Serves 4)

1 Tablespoon olive oil, plus one tablespoon extra
 2 Corn cobs, kernels removed
 2 Zucchini, diced
 1 Avocado, diced
 2 Spring onion, thinly sliced
 1 Long red chilli, thinly sliced
 Juice of 2 limes
 ½ Bunch coriander, roughly chopped
 2 Tablespoon jalapenos, roughly chopped
 1 Garlic clove, finely grated
 4 Calamari hoods, cleaned
 1 Tablespoon smoked paprika
 60g Feta, crumbled

Method:

1. Heat oil in a large frying pan over high heat. Add corn kernels and zucchini and cook for 2-3 minutes or until lightly charred.
2. Combine corn, zucchini, avocado, spring onion, chilli and the juice of one lime in a large bowl. Toss to coat.
3. Combine coriander, jalapenos, garlic, juice of one lime and remaining one tablespoon oil in a small bowl.
4. Use a sharp knife to slice the calamari hoods open. Score the outer surface with a lattice pattern 5mm apart. Cut the scored calamari into 5cm x 3cm rectangles.
5. Return the same pan to the heat. Add calamari and cook for 30 seconds or until golden and curled up. Transfer to a small bowl. Add paprika and toss to coat.
6. Divide corn salad and calamari between serving plates. Top with salsa verde and feta.

Nutrition Information (per serve):

Energy:	1707kJ (407cal)	Sodium:	537mg		
Protein:	25.4g	Sat Fat:	6.2g		
Fat:	24.9g	Sugar:	6.3g	Fibre:	9.7g
Carbohydrate:	15.0g				