

Sicilian calamari with torn crouton salad

Ingredients: (Serves 4)

2 tablespoons red wine vinegar
 2 garlic cloves, finely grated
 4 anchovies, roughly chopped
 ¼ cup capers, roughly chopped
 1 tablespoon olive oil, plus 2 tablespoons extra
 2 thick slices sourdough bread
 pinch of salt
 2 cups rocket
 ¼ bunch of mint, leaves picked
 ¼ bunch of parsley, leaves picked
 ½ small red onion, thinly sliced
 ¼ cup currants
 ¼ cup pine nuts, toasted
 4 calamari hoods, cleaned

Method:

1. Combine red wine vinegar, garlic, anchovies, capers and one tablespoon oil in a medium bowl. Set aside.
2. Heat a griddle pan over medium-high heat. Drizzle bread with one tablespoon oil. Toast bread for 2-3 minutes each side or until lightly charred. Tear into bite sized pieces, season with a pinch of salt and place in a medium bowl. Combine with rocket, mint, parsley, red onion, currants and pine nuts.
3. Using a sharp knife, slice the calamari hoods open and lightly score the inside surface in a criss-cross pattern at 5mm intervals. Drizzle with remaining one tablespoon oil. Return griddle pan to high heat. Cook calamari for 1-2 minutes or until golden brown and starting to curl up. Roll up, thinly slice and toss through marinade.
4. Divide salad between plates, top with calamari and drizzle over remaining marinade.

Nutrition Information: (Per serve)

Energy:	1693kJ (405cal)	Protein:	27.5g	Total Fat:	23.8g
Saturated Fat:	3.3g	Carbohydrate:	18.1g	Sugars:	7.8g
Fibre:	4.3g	Sodium:	1112mg		