



Pan Fried Calamari

with Olives, Capers, Red Peppers & Herb Vinaigrette

Serves 2-4 | Prep 15min | Cook 10min | Difficulty Easy

INGREDIENTS

Calamari

2 Tbsp (30 ml) olive oil for frying
500 g fresh calamari tubes and heads
1 small onion, sliced
1 red pepper, cubed
10 baby tomatoes, halved
50 g pitted Kalamata olives, halved
50 g pimento stuffed green olives, halved
50 g baby capers

Vinaigrette

100 ml olive oil
2 Tbsp (30 ml) red wine vinegar
1 Tbsp (15 ml) chopped chives
1 Tbsp (15 ml) fresh thyme, chopped
20 g wild rocket, chopped
Juice and zest of 1 lemon
Salt and pepper

Microgreens to serve (optional)

METHOD

Mix all the ingredients for the vinaigrette together and whisk to combine. Season to taste and add more lemon juice if needed. Whisk again before serving.

Dry the calamari well with some paper towel before frying.

Set a large non-stick frying pan over medium-high heat. Heat the oil and then fry the calamari for 1 minute per side. Do not crowd the pan with too much calamari. Fry it in batches if you need to. Set the cooked calamari aside as each batch is cooked.

Once all of the calamari is cooked, add another splash of oil to the pan then add the onion and peppers and cook for 4 minutes until they begin to soften. Add the tomatoes, olives and capers and fry for another 2 minutes.

Add the calamari back into the pan and cook for another minute to warm the calamari through. Drizzle with spoonfuls of vinaigrette and serve immediately.