

North African Chermoula Spiced Calamari

Ingredients

600gm Calamari Tubes

40g Wildings North African Chermoula

100g Cornflour

3 Tbsp Peanut Oil

4 Tbsp sour cream

1 Lemon, zest & juice

2 Tbsp chopped flat leaf Parsley

Oil for deep frying

Method

Skin Calamari and slice lengthways into 3cm x ½ cm strips. Heat oil for deep frying to 175°C. For lemon cream, combine sour cream, zest & juice of lemon with chopped parsley and set aside. Combine cornflour and Chermoula in a clean plastic bag and toss Calamari through the spice mix (in small batches). Fry, again in small batches, in oil until golden and drain on kitchen paper. Serve with a dollop of lemon infused sour cream. Serves Four.

Serving Suggestion

Serve with a Vietnamese coleslaw or fresh rocket, cucumber & bean shoots with an Asian style dressing.

This recipe is low in fat, contains no preservatives, additives, M.S.G or gluten & is high in flavour and is very easy to prepare.