

Salt and Pepper Fried Squid

Serves 2

Prep time: 15 minutes, plus time to prepare squid and 30 minutes to marinate

Cooking time: 15 minutes

Ingredients

2 squid (boned)

½ tsp Suölo Reduced Sodium Sea Salt & Black Pepper

100g rice flour

100g corn flour

Juice and zest of 1 lemon

Juice and zest of 1 lime

500ml vegetable oil

For the Sweet Chilli Dip

50g sugar

50g water

1 red chilli

2 tsp white wine vinegar

1 spring onion, chopped

Method

1. For the Sweet Chilli Dip cut the chilli in half and remove the seeds and pith, then finely chop
2. Add chopped chilli to a mixture of the sugar, water and white wine vinegar and bring to the boil. Once boiled allow to cool. Once cool add chopped spring onion
3. Cut the prepared squid into rings or score on the outside and cut into squares
4. Add half the Suölo Reduced Sodium Sea Salt & Black Pepper to the squid
5. Cover the squid with half the lemon and lime zest and juice allow to marinate for 30 minutes.
6. Mix the rice flour, cornflour and the remaining lemon and lime zest with the remaining Suölo Reduced Sodium Sea Salt & Black Pepper.
7. When the squid has marinated. Dip the squid into the flour mix making sure to completely cover the squid
8. Heat the vegetable oil in a pan until the oil is approx. 180°C (not smoking). Once the oil is hot reduce the heat to medium and place the squid carefully into the oil. Lift out of the oil with a slotted spoon when golden brown.
9. Serve the squid with a slice of lemon and/or lime and sweet chilli sauce