

Pan fried marinated squid with warm bok choi & peanut salad

1 Whole squid cleaned and prepared
(cut into strips and portion tentacles)

Marinade:

½ - 1 Red chilli finely diced
½ clove garlic finely chopped
coriander stalks
1 dessert spoon soy sauce
olive oil
palm sugar (soft brown if not
available) pinch

Salad:

Bok choi (leaves removed and stalks
shredded)
olive oil

Marinade for salad:

1dst spn chopped mint, basil &
coriander
2 dst spn chopped roasted peanuts
(not salted)
lime juice

Open out the prepared squid tube and cut into strips 4cm x 8cm approx

Score in a crisscross pattern

Place into the marinade with the tentacles

Marinate for 15 - 20 minutes

Remove from the marinade and pat dry - save the marinade

Place the tentacles into a pre heated pan with a little oil

Cook for 1 - 2 minutes and add the squid tube

Fry quickly for a further minute and remove from the pan and keep warm

In a clean pan lightly fry the bok choi stalks, add a squeeze of lime

Place onto a plate, sprinkle on the peanuts

Sit the squid on top and dress with any remaining marinade

