

Calamari and Bean Salad

Ingredients (Serves 6)

- 1.5kg baby calamari
- 2 garlic cloves, crushed
- 1 fresh long red chili, finely chopped
- 1/3 cup of olive oil
- ½ cup of semi sundried tomatoes
- 1 Tbsp of capers
- 2Tbsp of chopped fresh continental parsley
- 2x400g tin of cannellini beans, rinsed and drained
- 150g mixed salad leaves

Method:

1. Use a small sharp knife to cut the calamari hoods from the tentacles. Remove and discard the clear, hard quill from inside the hood. Peel away the flaps and remove the grey skin. Rinse under cold running water. Cut the hoods lengthways from the opening to tip. Lay the hoods flat, inside up, on a clean work surface and score diagonally. Cut the hoods and tentacles into 4cm pieces. Combine the garlic, chilli and 1 tablespoon of oil in a large shallow dish. Add the calamari an turn to coat in the chilli mixture. Cover with plastic wrap and place in the fridge for 2 hours to marinate.
2. Meanwhile, place the semi-dried tomatoes, capers, parsley and remaining oil in the bowl of a food processor and process until smooth. Season with salt and pepper.
3. Preheat a barbecue plate or large frying pan on high. Add the calamari and cook for 1-2 minutes each side or until calamari is just cooked through (be careful not to overcook the calamari or it will become tough).
4. Combine the calamari, tomato mixture and cannellini beans in a large bowl. Add the salad leaves and gently toss until just combined. Divide among serving plates and serve immediately.

Tips

- This is a fairly simple recipe with lots of fresh ingredients and no modification was made. The dressing and marinating the calamari can be done beforehand and it's simply tossing the calamari into the barbeque and combining with salad and beans and its ready to serve.
- Most of the sodium in the recipe comes naturally from the calamari. A little also comes from the cannellini beans which can be rinsed off as you put the dish together.

Nutrient analysis per serve:

Energy: 17200kJ (409cal), total fat 18g, saturated fat 3g, protein 49g, carbohydrate 14g, fibre 7g, sodium 1005mg

