



# Grilled Squid with Thai Wild Rocket Salad

## Method:

Slice open squid tubes and lay flat. Gently use the tip of a knife to score the outside of the squid tubes in a criss-cross pattern. Cut squid into 5cm squares.

Roughly chop  $\frac{1}{3}$  cup coriander and reserve the rest. Combine chopped coriander with squid with ginger, garlic, chilli, lime zest and oil. Marinate for at least 1 hour or overnight if possible. Combine dressing ingredients in a bowl.

Gently combine the We Wash n' Toss Wild Rocket with onion, tomato, cucumber, remaining coriander and dressing in a large bowl, arrange on a serving platter.

Heat a large frypan over high heat, add enough oil to lightly coat and cook calamari in batches for 1 minute, or until just cooked through. Arrange warm calamari over the salad and enjoy immediately.



**erves**  
4-6 adults



**prep time**  
30 mins + marinating



**cook time**  
5 mins

## Ingredients:

- 3 large squid tubes, cleaned
- 1 clove garlic
- 2cm piece ginger, grated
- 1 long red chilli, finely sliced
- Finely grated zest 1 lime
- 1 tablespoon oil
- $\frac{1}{2}$  cup coriander leaves
- 1 x 100g packet We Wash n' Toss Wild Rocket
- 1 red onion, finely sliced
- 2 tomatoes, deseeded and finely chopped
- 1 cucumber, peeled into ribbons

## Dressing

- $\frac{1}{4}$  cup finely grated palm sugar or brown sugar
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce
- 1 clove garlic, crushed
- Juice of 1 lime

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