

Calamari & Rocket Salad



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Calamari & Rocket Salad

- 1 kg cleaned calamari/squid tubes or rings

Salad

- 250g baby rocket leaves
- 2 medium tomatoes
- 1 small red onion
- 2 tablespoons roasted pine nuts
- ¼ cup of parmesan shavings
- 1 tablespoons balsamic vinegar
- 2 tablespoons olive oil

Marinade

- 3 cloves of garlic, finely chopped
- 2 tablespoons of finely chopped fresh parsley
- 2 tablespoons olive oil
- Salt and pepper to taste

- Score inner surface of calamari and cut into pieces about 3cm x 6cm (alternatively use calamari rings).
- Mix garlic, parsley, oil, salt and pepper in a bowl. Add calamari and marinate for 10 minutes.
- Pan fry calamari in a very hot fry pan for 2-3 minutes and set aside.
- Combine remaining ingredients in a bowl with calamari, toss gently and serve.

Serves 4



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