

# Spanish Style Calamari



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

**Master Fish Merchants' Association of Australia**

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Serves 4

- 600g cleaned calamari/squid rings
  - 1 medium onion, finely chopped
  - 1 large red capsicum, cut into fine strips
  - 2-3 garlic cloves, crushed
  - 1 punnet cherry tomatoes, halved
  - 1 tablespoon paprika
  - 2 tablespoons lemon juice
  - ½ cup parsley, finely chopped
  - 3 tablespoons olive oil
  - Salt and pepper
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- Heat olive oil in a large frying pan, add onion and garlic, and cook for 2-3 minutes on a medium heat.
  - Turn heat to high, add capsicum and tomatoes, and cook for another 2-3 minutes.
  - Add calamari and paprika, and cook on high for a further 2-3 minutes.
  - Add lemon juice, parsley, and salt and pepper to taste.
  - Serve with salad and crusty bread.

