

Grilled Squid Salad



Ingredients

For the Squid

- 3 medium squid tubes
- 3 tbsp olive oil
- 2 lemons, zested and juiced
- 1 red chilli, seeds removed, finely diced
- 1/2 tbsp brown sugar
- 2 tbsp coriander leaves, finely chopped
- 2 tbsp mint leaves, finely chopped
- 1 tsp salt

For the Salad

- 1 large zucchini, sliced thinly lengthways
- 1 small apple
- 1 cup semi-sundried tomatoes
- 1 small fennel bulb, sliced finely, fronds reserved
- 1 large handful rocket leaves
- 1 tsp balsamic vinegar
- 2 tbsp fresh parmesan, shaved

Directions

Step 1 – Prepare the squid tubes by carefully removing and discarding the inner quill or cartilage. Rinse each squid under cold running water. Drain the squid and then using a sharp knife, slice the squid open lengthways from opening to tip and lay each piece flat, with the inside facing up. Score the squid in a fine diamond pattern, to approximately 2mm depth, then cut each squid into 6 equal pieces.

Step 2 – In a large mixing bowl, combine 2 tbsp of olive oil with the lemon zest and juice, chilli, brown sugar, coriander and mint. Add the squid pieces, mix to combine then allow to marinate for at least 1 hour.

Step 3 – Preheat the BBQ to medium heat (180° to 200°C) and ensure the grills are clean and ready for direct cooking.

Step 4 – Brush each slice of zucchini with olive oil and grill until slightly cooked through and charred on both sides. Remove from the grill and set aside to cool.

Step 5 – While the zucchini is cooking, finely shave the apple with a mandolin, then in a large mixing bowl, place the apple, tomatoes, fennel slices and rocket with the balsamic vinegar and remaining olive oil. Season with salt and pepper and toss together. Set aside.



Step 6 – Add 1 tsp of salt to the bowl with the squid and mix to combine, then place the squid directly onto the grill, scored side down first, and sear for around 1 minute each side until charred and starting to curl. Once cooked, remove from the grill and set aside.

Step 7 –Add the zucchini slices to the salad, toss to combine, then arrange the salad on a serving platter. Top with the squid and garnish with the fennel fronds and parmesan. Serve immediately.

BBQSPLUS

