

Salt and Pepper Squid

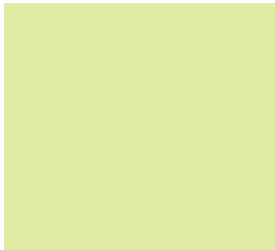


gourmet organic herbs



Salt & Pepper Squid

serves 6



1200g squid (cleaned and sliced into rings)
1 tsp GOH Whole Black Pepper
1 tsp GOH Whole White Pepper
2 tsp salt
1 GOH Whole Chili
1 tsp GOH Fennel Seeds
1/2 GOH Cinnamon Quill
1tsp fresh coriander leaves
1 tsp olive oil
Juice of one lime



*New Gift Hampers
now available.
Check our website
for more details.*

*New Releases
instore now, adding
to our already
wonderful selection
of organic herbs
& spices.
Look instore for our
Stands.*

**GOH - Gourmet
Organic Herbs*

Grind pepper, salt, chili, fennel seed and cinnamon quill to a coarse powder in a mortar and pestle or spice mill.

Take a very hot frying pan and add a teaspoon of oil, throw in the squid and cook for 45 seconds (the longer you cook the squid the tougher it will become).

Remove the squid and place on some kitchen towel.

Add the salt & pepper spice mix to the frying pan, return the squid and add in the lime juice.

Toss to coat evenly.

Place on serving plates and garnish with Coriander leaves and lime wedges.



gourmet organic herbs

www.gourmet-organics.com.au
enquiries@gourmet-organics.com.au