

CRISPY BABY OCTOPUS AND CALAMARI WITH ASIAN GLAZE

(Serves 2)

Ingredients

- Rocket
- 3 baby octopus
- 3 portions of calamari
- 100 g rice flour
- Salt and black pepper
- 40 ml abc sauce
- 20 ml mirin
- 3 tbs fish sauce
- 1 tsp ginger
- 1tsp garlic
- 1 tbs shallots



Method

- Prepare octopus and squid
- Dust octopus and squid in rice flour salt and pepper and deepfry
- Whisk together abc sauce, mirin, fish sauce, ginger, garlic and shallots together to make dipping sauce
- Dress rocket and place seafood on top with dipping sauce