

Crispy Calamari with Asian Glaze

(3 serves)

Ingredients

- Rocket
- 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
- 1 tsp garlic
- 1 tbs shallots



Method

Step 1 - Prepare squid

Step 2 - Dust octopus and squid in rice flour salt and pepper and deepfry

Step 3 - Whisk together ABC sauce, Mirin, fish sauce, ginger, garlic and shallots together to make dipping sauce

Step 4 - Dress rocket and place seafood on top with dipping sauce