



Avocado Calamari

Ingredients Serves 4-6 Calamari steaks

- 5 tblspns verjuice
- 2 tspns Dijon mustard
- 3 tblspns virgin olive oil
- 4 tblspns lemon juice and zest the skins
- 8 slices of Ciabata bread (crust removed and toasted)
- 3-4 avocados – depending on size
- 400gm fresh rocket lettuce
- Pecorino Cheese as an option if required.

Method: Toss Calamari in a pan with lemon zest and cook in its own juice until it turns white.

Drain and set aside

Combine the Verjuice, mustard, oil and lemon juice in a large bowl

Add sliced avocado to dressing and stir to coat gently

Add rocket and calamari to the salad bowl

Toss gently and tear in Ciabata bread

Drizzle a little more virgin olive oil if required and serve straight away

Chef's Tips: Freshly shaved Pecorino Cheese adds a nice touch.