



### Char Grilled

#### Ingredients

- 4 Calamari steaks
- 1 punnet of cherry tomatoes
- 1 bunch of flat leaf parsley
- 3 crushed garlic cloves
- ¾ cup of virgin olive oil
- ¼ cup of lemon juices
- 1 red onion
- Rocket salad
- Ground pepper
- Sea salt
- 2 whole lemons
- Red wine vinegar
- Salt and pepper to taste

#### Method:

Combine olive oil, lemon juice, crushed garlic and chopped parsley.

Set a little aside for garnish and pour the rest of the marinade over the calamari steaks.

Cover with cling wrap and refrigerate for 15 minutes.

Place rocket salad in a bowl with finely sliced onion, cherry tomatoes (sliced in half) and drizzle with olive oil, a touch of red wine vinegar, salt and pepper to taste.

On a hot grill plate or Griddle, place marinated calamari steaks, removing any excess oil. Cook 1-2 minutes each side. When steak is firm and white, remove from grill.

Slice steaks at a 45° angle and place on your serving plate.

Drizzle the set aside marinade over slices of calamari.

Serve with salad. Squeeze half a lemon over calamari if required. A nice slice of crusty bread would go well with this dish..... ENJOY!