



Forno



Ingredients

4 to 6 thawed calamari steaks

12 pitted black olives

Easy made tomato sauce 1 large cinnamon stick

Greek fetta

Flat leaf parsley

Salt and pepper

Fresh garlic

Method:

Prepare steaks as in diagram one.

Set aside Add easy tomato sauce to a pan, add cinnamon stick and bring sauce to boil

Gently simmer for a few minutes and set aside

Flour steaks and dust off excess flour

Place in a hot pan with a little olive oil and seal both sides

Add easy sauce and one crushed garlic and pitted black olive sliced in halves

Once steaks have half cooked through, crumble fetta over steaks.

Place pan in pre-heated oven until fetta has melted and steaks are cooked through

Place on plate and sprinkle with flat leaf parsley Serve with rice and a Greek Salad.