



Tandoori Calamari

Ingredients



- 4-6 Calamari steaks thawed, rinsed and patted dry
- Peanut or Vegetable Oil for frying in Sharwoods or similar Tandoori Paste
- Small tub of natural yoghurt
- Small tub of cream
- 2 cups of Easy Tomato Sauce

Method:

Thaw and wash steaks

Marinate steaks in a little peanut oil and lemon juice for 10 minutes

In a pan, gently warm oil and add 125 gms Sharwood Tandoori Paste.

Stir and cook until you can smell all the flavours

Add 2 cups of Easy Tomato Sauce and gently bring to the boil.

Set aside. In a deep frying pan, heat peanut oil and add marinated steaks.

Half cook steaks then add Tandoori Paste and fold through the yoghurt and cream.

Bring to the boil then simmer for a few minutes.

Serve with steamed rice and garnish with copped coriander and some wilted greens (bok choy etc)