



Thai Spice Ingredients



4-6 Calamari steaks thawed, rinsed and patted dry
Peanut or Vegetable Oil
Bunch of Coriander leaves

Five-Spice Mix:
Mix all ingredients together and keep in an air tight container for further use:
1 tspn each of:
- sugar
- cardamom powder
- salt
- white pepper
- chicken powder

Method:

Mix all ingredients for Thai sauce mixture and set aside
Prepare calamari steaks as shown in diagrams 1, 2 and 3
Heat peanut oil in pan and toss in Calamari pieces and half cook them
Add the Thai sauce and cook through

Assemble the dish:

Place cooked calamari on a plate and sprinkle a little Five Spice Mix
Garnish with chopped flat leaf coriander
Serve with steamed rice and wilted bok choy