

SALT AND PEPPER SQUID SALAD

A quick and easy salad that is bound to please even the fussiest of eaters!

EASY | 15 | 20 | 4 SERVES

Ingredients

For Salad:

- 8–10 pieces Tasmanian squid (arrow head squid)
- ¼ cucumber, thinly sliced
- ¼ red onion, thinly sliced
- Small amount of fennel
- ½ cup roast pumpkin
- Handful of rocket (arugula)
- Fresh herbs: mint & basil
- ½ avocado, sliced
- Crushed peanuts, for garnish

For Chilli-Lime Dressing:

- 1–2 red chillies, finely chopped
- Juice of 1 lime
- 1 tbsp fish sauce or soy sauce
- 1–2 tbsp olive oil
- 1–2 tsp honey or sugar (optional)

Instructions

1. Prepare the Squid: Clean and pat dry the squid pieces. Lightly season with salt and pepper.
2. Cook the Squid: Dust with flour and deep fry. Cook squid for 40 seconds until lightly brown and tender. Set aside.
3. Assemble the SaladIn a large bowl, combine cucumber, red onion, fennel, roast pumpkin, rocket, avocado, mint, and basil.
4. Dress the Salad: Drizzle with chilli–lime dressing and toss gently.
5. Serve: Add cooked squid on top and sprinkle with crushed peanuts. Serve immediately.