



Garlicky Grilled Calamari and Nectarine salad



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby arugula washed and dried completely
- ☐ 4 large cardamom pods black shelled 1 tablespoon of seeds
- ☐ 3 large cinnamon sticks if you have the kind you get at Indian stores, it's 3 tablespoons of cinnamon bark bits
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup cardamom pods green shelled 2 tablespoons of seeds
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground turmeric generous
- ☐ 0.5 juice of lemon juiced

- ☐ 2 juice of lime juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 large nectarines quartered
- ☐ 0.3 cup olive oil extra-virgin for grilling
- ☐ 1 pinch chile flakes red
- ☐ 1 pound baby squid cleaned tubes and tentacles

Equipment

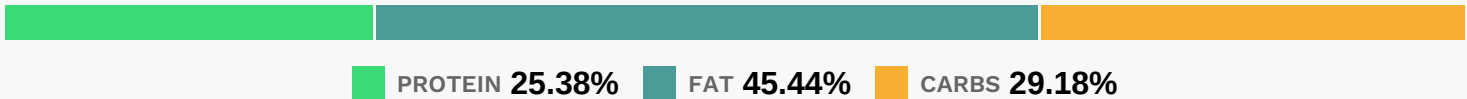
- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Place the minced garlic cloves on a cutting board, then sprinkle with kosher salt. Using the back of your knife, mash the garlic to form a paste.
- ☐ Add it to a bowl with the lime juice, 1/4 cup oil, cumin, turmeric, garam masala and red chile flakes, if using.
- ☐ Whisk together, then season with salt and pepper, if necessary.
- ☐ Remove 3 tablespoons of the marinade and set aside for the squid.
- ☐ Heat up a large grill pan over high heat. Don't put anything on the grill until it's screaming hot! That will prevent the excess sticking.
- ☐ Meanwhile, place the lemon juice in a large salad bowl and whisk in a pinch of salt and a few grinds of pepper.
- ☐ Add the arugula and toss to lightly coat.
- ☐ Transfer to a serving platter.

- ☐ Drizzle the nectarine slices with olive oil, and lay them on the grill, turning every minute or so until the fruit have nice grill marks all over.
- ☐ Remove them to a plate. Pat the squid dry with paper towels, if necessary, and add to the reserved marinade. Toss to coat. Shake the calamari of the excess marinade, and place the tubes and tentacles on the hot grill, cooking about 3 minutes per side. If the squid sticks, wait another 30 seconds or so. When it's well-seared, it will release!
- ☐ Remove the calamari from grill, and slice the calamari tubes (bodies) into rings.
- ☐ Add rings and tentacles to the bowl of reserved dressing and toss well to coat. Arrange the nectarine wedges and calamari on the platter, over the bed of arugula.
- ☐ Drizzle the remaining dressing over the bowl, as desired, and serve.
- ☐ Combine the cinnamon sticks, cloves, green cardamom seeds, black cardamom seeds, if using in a spice grinder or coffee grinder and grind until fine. Store the spice mix in an airtight container away from direct sunlight.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:20.143478020378%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 208.07kcal (10.4%), Fat: 11.04g (16.99%), Saturated Fat: 1.62g (10.09%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 11.16g (4.06%), Sugar: 2.62g (2.91%), Cholesterol: 176.15mg (58.72%), Sodium: 43.68mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.76%), Manganese: 3.57mg (178.58%), Copper: 1.52mg (75.99%), Selenium: 34.21µg (48.87%), Vitamin B2: 0.36mg (20.91%), Phosphorus: 206.85mg (20.69%), Vitamin K:

21.3µg (20.28%), Fiber: 4.8g (19.21%), Vitamin E: 2.5mg (16.67%), Vitamin B12: 0.98µg (16.38%), Vitamin C: 13.18mg (15.98%), Magnesium: 62.44mg (15.61%), Iron: 2.72mg (15.13%), Zinc: 2.18mg (14.54%), Potassium: 428.07mg (12.23%), Calcium: 112.92mg (11.29%), Vitamin B3: 2.17mg (10.83%), Vitamin A: 445.72IU (8.91%), Vitamin B6: 0.11mg (5.64%), Vitamin B5: 0.52mg (5.17%), Folate: 19.98µg (4.99%), Vitamin B1: 0.06mg (3.98%)