



## Grilled Squid with Miner's Lettuce Salad & Mint, Parsley, Anchovy Pesto



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 ounce anchovy fillets chopped
- ☐ 2 tablespoon capers drained
- ☐ 1 cup chickpeas canned cooked
- ☐ 0.3 cup flat-leaf parsley whole
- ☐ 2 tablespoon juice of lemon fresh
- ☐ 2 teaspoon lemon zest separated finely grated
- ☐ 1 bunch miner's lettuce

- ☐ 0.3 cup mint leaves whole
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 teaspoon pimenton de la vera smoked spanish ( paprika)
- ☐ 1 pinch salt & pepper as needed
- ☐ 1 pound squid bodies cleaned

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ grill

## Directions

- ☐ In a medium bowl, combine 1 teaspoon lemon zest and 2 tablespoons lemon juice with 1 clove minced garlic, pimentón, ¼ cup olive oil and ¼ cup of the chopped parsley.
- ☐ Add the squid and toss to coat. Season lightly with salt & pepper. Cover and refrigerate for 2 hours. In a food processor, combine the anchovies with the capers, 1 minced shallot, remaining minced garlic, 1 ½ cup chopped parsley, ½ cup chopped mint, chives and remaining lemon zest and 2 tablespoons lemon juice and pulse the machine 10 or 12 times, scraping down the sides once or twice until finely minced. Then with the machine running, slowly pour in ½ cup olive oil. Season the pesto with additional salt and pepper. In a large bowl, pour the remaining 2 tablespoons lemon juice over the remaining minced shallot and let stand for 10 minutes.
- ☐ Whisk in the remaining ¼ cup olive oil and season with salt and pepper.
- ☐ Add the miner's lettuce, chickpeas, whole mint leaves and whole parsley leaves and toss the salad. Meanwhile, light a grill.
- ☐ Remove the squid from the marinade and season with salt. Grill the squid over high heat until it is lightly charred and just cooked, about 2 minutes per side. Mound the salad on 4 plates. Spoon the green sauce onto the plates, top with the grilled squid and serve.

## Nutrition Facts



 **PROTEIN 40.62%**  **FAT 42.42%**  **CARBS 16.96%**

Properties

Glycemic Index:26.08, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:25.136521546737%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 256.95kcal (12.85%), Fat: 12.02g (18.49%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 8.22g (2.99%), Sugar: 0.32g (0.36%), Cholesterol: 281.23mg (93.74%), Sodium: 325.3mg (14.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.8%), Copper: 2.3mg (115.14%), Selenium: 62.14µg (88.77%), Vitamin K: 67.98µg (64.74%), Phosphorus: 339.64mg (33.96%), Vitamin B2: 0.57mg (33.49%), Vitamin B3: 6.69mg (33.47%), Vitamin B12: 1.65µg (27.5%), Manganese: 0.45mg (22.34%), Vitamin E: 2.96mg (19.71%), Vitamin C: 15.63mg (18.94%), Zinc: 2.62mg (17.45%), Magnesium: 66.92mg (16.73%), Vitamin B6: 0.32mg (16.08%), Iron: 2.79mg (15.48%), Potassium: 504.47mg (14.41%), Vitamin A: 649.1IU (12.98%), Calcium: 109.49mg (10.95%), Fiber: 2.59g (10.35%), Vitamin B5: 0.92mg (9.16%), Folate: 30.14µg (7.54%), Vitamin B1: 0.06mg (4.09%)