



Salt & pepper squid with roast chilli dressing

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g squid rings cleaned (weight)
- ☐ 2 tsp peppercorns cracked white
- ☐ 4 tsp sea salt
- ☐ 100 g flour plain
- ☐ 6 servings vegetable oil for frying
- ☐ 1 chillies dried deseeded
- ☐ 1 tbsp g muscovado sugar light
- ☐ 1 juice of lime

☐ 50 ml fish sauce

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ wok

☐ mortar and pestle

☐ slotted spoon

Directions

☐ Cut the squid into large pieces, then score a criss-cross diamond pattern into the flesh, without cutting all the way through. To make the chilli dressing, pound the roasted dried chilli in a mortar and pestle (or food processor), then add the palm sugar. Pound again, adding the lime juice and the fish sauce.

☐ Mix well and place to one side.

☐ Heat oven to 180C/fan 160C/gas 4 and slide a baking sheet in.

☐ Pound the peppercorns and sea salt together, then stir into the flour in a large bowl and set to one side.

☐ Heat a few cms oil in a wok or deep frying pan.

☐ Place the wok over a high heat; when the oil starts to shimmer, it is ready. Toss the squid in the seasoned flour so that it is coated well.

☐ Drop a quarter of the squid into the oil and fry for about 1 min. The squid should curl and go crisp. Lift out of the oil with a slotted spoon and keep warm in the oven on the baking sheet while you cook the rest.

☐ Serve straight away, with the dressing on the side.

Nutrition Facts



 PROTEIN **34.98%**  FAT **21.34%**  CARBS **43.68%**

Properties

Glycemic Index:12.5, Glycemic Load:9.2, Inflammation Score:-3, Nutrition Score:14.461304260337%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 178.93kcal (8.95%), Fat: 4.16g (6.4%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 18.23g (6.63%), Sugar: 2.4g (2.67%), Cholesterol: 194.17mg (64.72%), Sodium: 2229.62mg (96.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.68%), Copper: 1.62mg (81.09%), Selenium: 43.81µg (62.59%), Vitamin B2: 0.43mg (25.54%), Phosphorus: 206.54mg (20.65%), Vitamin B12: 1.12µg (18.71%), Vitamin B3: 3.01mg (15.05%), Manganese: 0.24mg (11.97%), Magnesium: 47.64mg (11.91%), Vitamin B1: 0.15mg (10.01%), Folate: 39.56µg (9.89%), Zinc: 1.44mg (9.57%), Iron: 1.68mg (9.31%), Vitamin E: 1.25mg (8.35%), Potassium: 257.96mg (7.37%), Vitamin C: 5.83mg (7.07%), Vitamin B5: 0.51mg (5.09%), Vitamin K: 5.32µg (5.07%), Vitamin B6: 0.09mg (4.57%), Calcium: 40.39mg (4.04%), Fiber: 0.92g (3.7%), Vitamin A: 53.05IU (1.06%)