



Oven Baked Calamari



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 10 MINUTES



SERVES: 6-10

Ingredients

1 kg calamari
1 tbsp cumin
2 cloves garlic
1 tsp smoked paprika
1 lemon, zest and juice
½ bunch coriander chopped
1 -2 chilli
50 ml olive oil

Method

Slice the calamari down one side and open it up, using a sharp knife score the flesh on a 45° angle being careful not to cut through to the calamari, then repeat the process going the opposite direction (creating a criss-cross pattern). If you do not feel comfortable doing this you can just cut rings.

Add all the ingredients aside from the fresh coriander into a large mixing bowl and combine.

Select the grill function and set full grill at 275°. Place a sheet of baking paper over a universal tray then add the ingredients on top. Put the tray on level 4 of the oven and grill for 10 minutes.

Place into a serving dish with the chopped coriander and give a quick mix before serving.

Notes
