

LEMON & MINT COUSCOUS CALAMARI



Jon Camilleri

CH-EAT



INGREDIENTS

- **1 packet Tipiak Taboulé Salad Couscous**
- 1 big or 2 small Calamari
- **2tsp Olitalia Extra Virgin Olive Oil**
- 5 Garlic Cloves
- 150ml Boiling Water
- Fresh Mint
- Salt & Pepper



METHOD

- 1** Place the couscous mix in a bowl, add the boiling water, and cover. Set aside for 5 minutes.
- 2** In the meantime, clean the calamari and chop the tentacles into fine pieces.
- 3** Fry the tentacles in a teaspoon of olive oil together with half of the garlic (chopped).
- 4** Fry for about 3 minutes then take them off the heat.
- 5** Fluff up the couscous and add the fried tentacles.
- 6** Add some freshly chopped mint and mix everything well.
- 7** Stuff the calamari and secure it with a toothpick.
- 8** Add a teaspoon of olive oil to the frying pan and fry the calamari from all sides.
- 9** Add the rest of the garlic, white wine, season to taste, and some fresh mint.
- 10** Cover it and let it simmer for 10-15 minutes depending on the size of the calamari.
- 11** To check for doneness prick it with a toothpick.
- 12** It should be tender, not rubbery.
- 13** Cut into rolls and serve with mashed potato, fries, or even a salad.