

Deep Fried Calamari Salad On Couscous Fritters



aroma
KITCHEN

INGREDIENTS

150g Tipiak Taboule Salad Couscous With Mint & Lemon

- 2 large calamari
- 150g flour
- 1 orange zested
- 1 small frizzy lettuce
- 1 spring onion, sliced
- 1 small green chilli, sliced
- ½ red pepper sliced
- 2 eggs
- 2 tbsp. parsley
- Few mint leaves



METHOD

- 1 Cook the couscous as per instructions, then mix with the chopped parsley, mint, eggs. Use a circular mould to form into fritters and pan-fry in a little oil.
- 2 Meanwhile, cut the calamari in slices. Mix together the flour, lemon pepper and season with salt and pepper.
- 3 Use to coat the calamari rings and deep fry in hot oil until golden brown. Place on kitchen towels to absorb any extra oil.
- 4 In a bowl mix together the chilli, spring onion, pepper, orange zest, segments and frizzy lettuce with some olive oil.
- 5 Serve the calamari on the couscous fritters with the salad on top. Drizzle with olive oil and crushed black pepper.