

# Mustard, Garlic & Honey Grilled Calamari



**aroma**  
KITCHEN

## INGREDIENTS

- 2 tbsp olive oil
- 2 tsp Maille Dijon Mustard**
- ½ tsp dried oregano
- ½ tsp smoked paprika
- 3 cloves garlic, finely chopped
- 1 tbsp honey, runny
- Salt and pepper to taste
- Squeeze lemon juice
- 2 whole calamari, spine removed and cleaned
- Dressed salad leaves and lemon wedges for serving



## METHOD

- 1 Start by cutting the cleaned calamari in half and score the fresh with a sharp knife in crisscross design.
- 2 Cut each piece in half again. In a bowl, mix together the paprika, Dijon mustard, oregano, oil, garlic, honey, salt and pepper and a little lemon juice and marinate the calamari body and tentacles for 3 hours or overnight.
- 3 When ready to cook, heat a griddle pan and flash-fry the calamari for minutes or BBQ on a hot grill. Serve immediately with dressed salad leaves and lemon wedges.