

BBQ CALAMARI SALAD

Prep + cooling time: 50 minutes (+ refrigeration) **Serves:** 4

Ingredients

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| 1½ teaspoons cumin seeds | 3 medium tomatoes (450g),
chopped coarsely |
| 1 teaspoon ground coriander | 1½ teaspoons sea salt flakes |
| 2 cloves garlic, crushed | 1 Lebanese cucumber (130g), halved
lengthways, seeded, sliced thinly |
| ½ teaspoon dried chilli flakes | 1 cup fresh mint leaves |
| ¼ cup (60ml) extra virgin olive oil | 1 cup fresh flat-leaf parsley leaves |
| 2 tablespoons lemon juice | 2 small wholemeal pocket pitta breads
(160g), split in half (see tips) |
| 6 medium calamari (720g),
cleaned (see tips) | |

1. Heat a small frying pan over medium heat. Cook cumin seeds and coriander, stirring, for 2 minutes or until toasted and fragrant. Transfer to a medium bowl, add garlic, chilli, oil and juice; stir to combine. Reserve 2 tablespoons of the spice mixture in a small bowl.
2. Using a sharp knife, cut the calamari hoods in half lengthways. Score inside surface of calamari in a criss-cross pattern at 1cm (½-inch) intervals. Cut into 4cm (1½-inch) strips. Add calamari hoods and tentacles to spice mixture in bowl; toss to coat. Refrigerate calamari for 2 hours.
3. Meanwhile, combine tomato and salt in a colander; stand in the sink for 10 minutes to drain. Place tomato, cucumber, mint and parsley in a medium bowl; toss to combine.
4. Cook pitta and calamari hoods and tentacles on a heated oiled grill plate (or pan or barbecue) until pitta are toasted and calamari is just cooked through.
5. Break pitta into bite-sized pieces. Add reserved spice mixture and half the pitta to tomato mixture; toss to combine. Serve calamari with salad and remaining pitta.

Tips

You could use cleaned squid hoods instead. If you are having difficulty splitting the pitta breads open, microwave on HIGH (100%) for 10 seconds. The steam from heating in the microwave usually makes it easier to open the bread.

