

Squid with olive oil, dried tomatoes, cucumber and Greek yogurt |

Recipe for 12 tapas

Description

Simple, delicious and full of flavor. A sure hit for the seafood lovers!

Note

It is very important not to overcook the squid, it will become too firm to bite.

Ingredients

Squid

- 600 Gr Squid
- Salt and pepper
- Olive oil

Salad

- 6 Unit(s) Sundried tomatoes
- 2 Unit(s) Libanese cucumber
- 1 Unit(s) French shallot
- 30 Ml White balsamic vinegar
- 1 Handful(s) Arugula leaves
- 1 Slice(s) Country bread

- Salt and pepper
- Olive oil

Yogurt

- 150 Ml Greek yogurt
- 10 Sprig(s) Chives
- 1 Dash(es) Lemon juice

- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**

Preparation

Clean the calamari and dry them off with paper towel. Cut the shallots and sundried tomatoes into thin strips. Slice the cucumber. Cut the bread into small cubes and then toast them in a pan with olive oil. Finely slice the chives.

Plating

Make a nice thin well of yogurt at the bottom of your serving dishes. Cover with the calamari salad and then sprinkle with arugula leaves as well as croutons for the garnish.

Calamari

Pre-heat your plancha until it is at maximum heat. Add a drizzle of olive oil and then sear the calamari for roughly 1 minute on each side. Once cooled, cut the calamari into rings.

The salad

In a mixing bowl, combine the calamari rings, vinegar, shallots, sundried tomatoes and a generous drizzle of olive oil. Let sit for 5 minutes, season to taste and then serve.

Yogourt sauce

Combine the yogourt with the chives and a splash of lemon juice. Season with salt and pepper to taste.

Bon appétit!