




## Ginger beer basted calamari

*This is a low fat dish with a lovely flavour. The bean sprouts have a fabulous vitamin C and fibre content.*

 Less than 45 minutes    **Serves:** 4

**Recipe Type:** Mains

**Main Ingredient:** Fish and Seafood

### Ingredients

#### Main ingredients

8 calamari steaks

#### Basting sauce

2 cups PnP ginger beer

2 cloves PnP garlic cloves, chopped

1 John West chilli paste, seeded and chopped

60 ml light soy sauce

2 star anise

#### For serving

1 PnP red chilli, sliced

1 bunch rocket, watercress and mizuna salad

1 bunch coriander leaf

1 packet PnP bean sprouts

### Method

- Boil all the basting sauce ingredients to reduce by three quarters.
- Score and season calamari steaks and baste with sauce.
- Cook on the braai over very hot coals until slightly charred and just cooked through.
- Serve tossed in chilli, with rocket, coriander and bean sprout salad.

### More good ideas

- Toss calamari with PnP baby Asian leaf salad, cucumber and bean sprouts.
- Use basting sauce as a dipping sauce for spring rolls.

### Recommended Wine:

Arabella Shiraz