

SQUID CHRISTMAS SALAD

Gluten Free,

Moderate Salicylate & Amine

Serves 4

INGREDIENTS:

4 small squid hoods (~800g)
½ cup rice bran oil (or suitable oil)
2 cloves garlic, crushed
1/3 cup parsley leaves, chopped
1 tsp sea salt flakes
200g butternut pumpkin + oil
2 Tbsp water + 1 tsp citric acid
3 pencil shallots, thinly sliced
2 cups ripped wombok leaves
2 cups ripped iceberg lettuce leaves
1 golden or red delicious apple
100g Havarti cheese



METHOD:

- Heat the oven to 200° C (400° F)
- Ensure the squid hoods are clean and free of the fins
- One at a time, lay each hood on a chopping board and place a flat knife inside the hood. With a second knife slice across the hood at 1cm intervals. Put them into a bowl. (The middle knife prevents you from cutting all the way through).
- Combine the oil, parsley, garlic and salt. Put aside 2 Tbsp of the marinade and pour the rest over the squid hoods. Cover the squid and refrigerate for 1 hour
- Add the water and citric acid to the reserved marinade
- Take the skin off the pumpkin and dice the pumpkin into small cubes. Coat with some oil and roast on a tray, in the oven until soft and slightly browned. Remove and cool.
- Wash, dry and trim all salad leaves. At serving time, combine them with the sliced pencil shallots, peeled and thinly sliced apple, pumpkin and reserved marinade. Toss to combine. Distribute the salad mixture between 4 salad bowls
- In a fry pan or on a BBQ, oil the cooking surface and on a high heat cook the squid for 3-4 minutes per side, or until just cooked through. Slice some of the rings through and place on top of the salad mix
- Sprinkle some shaved or cut Havarti cheese across the top and serve

Tip: The squid can be marinated as early as the day before you serve it