

Summer Calamari Salad

Serves 6

Preparation Time: 20 minutes (plus 1 -2 hours refrigeration)

Cooking Time: 10 minutes

500g raw calamari rings

½ cup water

¼ cup extra virgin olive oil

2 tablespoons white wine vinegar

1 clove garlic, crushed

1 tablespoon finely chopped fresh basil

sea salt and freshly ground pepper, to taste

1 mignonette lettuce, shredded

2 spring onions, chopped

1 punnet cherry tomatoes, halved

1 baby zucchini, sliced

¼ cup pitted black olives, sliced

Place the calamari and water in a saucepan and bring to the boil. Reduce heat and simmer 5-10 minutes or until cooked. Drain and refresh under cold water. Combine the oil, vinegar, garlic, basil and seasonings in a bowl. Add the calamari to the bowl and refrigerate for 1-2 hours. Combine the remaining ingredients, add the calamari mixture and toss lightly. Serve immediately.