

Less than 1 hour

Serves 6

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Ingredients:

Lemon-garlic mayo:

- ¼ cup (60ml) mayonnaise
- Juice (60ml) of 1 lemon
- ½ clove garlic, finely grated
- Handful parsley, chopped

Calamari:

- 2 Tbsp (30ml) butter
- 1 Tbsp (15ml) olive oil
- 2 cloves garlic, chopped
- 2 packets (500g each) calamari heads and tubes
- Salt and milled pepper
- 3 Tbsp (45ml) capers
- Small handful coriander and parsley, chopped
- ½ red onion, sliced
- 200g calamata olives
- Rocket and lemon wedges, for serving

Method

1. Combine mayo ingredients and set aside.
2. Heat butter and olive oil in a pan over a high heat.
3. Fry garlic until fragrant.
4. Add calamari heads and tubes and fry until golden.
5. Season and remove to cool slightly.
6. Toss calamari with capers, herbs, onion and olives.

7. Arrange on a platter and top with rocket.
8. Serve with lemon-garlic mayo and lemon wedges on the side.

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