



Grilled squid with herbs and chillies



Categoria
Peixe



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Select



Com quem?
Select



Nº de pessoas
4 pessoas

Ingredientes



To taste: Gallo Extra Hot

- 12 clean squid with tentacles
- 4 chopped garlic cloves
- 1 chopped chilli pepper
- 1 tbsp of chopped mint
- 2 tbsp of chopped parsley
- 4 tbsp of chopped coriander
- Pepper, to taste
- Salt, to taste

Modo de preparação

1

Cut the squid in half to open them up. Then punch the top of the squid. Season with salt and half the garlic.

2

Mix olive oil, chopped herbs, the remaining chopped garlic and chilli in a bowl. Mix and add chili to taste.

3

Heat a grill pan with olive oil and cook the squid for about 15 minutes, turning on their sides until toasted. Tentacles too.

4

Put the olive oil mixture in a small saucepan and bring to the boil. Place the squid on a plate and drizzle the olive oil over them.

Produtos utilizados



Extra Hot

Piri-Piri with Olive Oil



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