



APPETITE  **THE WILD**
Cook • Fish • Hunt



by MELISSA FROHLOFF

Thai-style stir-fried squid

Ingredients

- 500g squid tubes, scored and cut into bite-size pieces
- 1/2 red capsicum, sliced
- 1/2 yellow capsicum, sliced
- 1/2 head broccoli
- 1 small zucchini, halved and sliced
- 4 baby corn, chopped
- 100g snow peas, chopped
- 4 shallots, sliced
- 1 carrot, finely sliced
- 2 tbsp rice oil

Sesame oil

- 1 kaffir lime leaf, finely sliced
- 1/2 tsp fresh chilli flakes
- 1 tbsp freshly ground ginger
- 1 stick lemongrass
- 1/2 cup oyster sauce

Method

1. Heat wok on high, add a few drops of sesame oil. Add squid and cook until opaque. Set aside.
2. Add rice oil to wok. Sauté carrot, broccoli and zucchini and set aside.
3. Sauté capsicum, snow peas, shallots and set aside.
4. Bruise the piece of lemongrass in mortar and pestle. Add a couple of drops of sesame oil to the wok and add lemongrass, ginger, chilli flakes and kaffir lime and cook until aromatic.
5. Add squid, vegetables, oyster sauce and stir fry until heated through. Remove lemongrass and serve stir-fried squid immediately.

Prep time: 20 min | Cook time: 10 min | Serves 4-6