



Recipe



by MELISSA FROHLOFF

Warm cuttlefish and chilli lime salad

This char-grilled cuttlefish with fresh salad recipe creates a diverse mix for a one-plate wonder.

Ingredients

- 500g cuttlefish hoods
- Marinade
- 2 tbsp fish sauce
- 2 tsp sesame oil
- 2 tbsp sweet chilli jam
- 2 garlic cloves, crushed
- 1 tsp fresh grated ginger
- 1/4 cup oyster sauce

Salad

- 1 small red onion, finely sliced
- 2 carrots, julienned
- 1/2 red capsicum, julienned
- 2 Lebanese cucumbers, sliced
- 2 radishes, julienned
- 2 tbsp freshly squeezed lime juice
- 1 tbsp palm sugar
- 1 tsp sweet chilli jam
- 1 tsp freshly grated ginger
- 1 kaffir lime leaf, finely sliced

Method

1. Cut cuttlefish hoods open and score the inside of the hoods in a fine cross-hatch pattern.

2. Slice cuttlefish into long strips, 5cm wide.
3. Combine all ingredients and mix in a bowl to make marinade.
4. Toss cuttlefish in bowl to marinate and refrigerate for two hours.
5. Heat a barbecue to hot and place cuttlefish cross-hatch side down.
6. Grill until lightly charred and turn to cook the other side.

Salad

1. Toss all salad ingredients into a serving bowl.
2. Combine lime juice, palm sugar, sweet chilli jam and grated ginger to make salad dressing.

3. Add cuttlefish to salad, pour chilli lime dressing over salad, toss and serve.

Serves four