

Salt & Pepper Squids

in Niçoise Salad with French Dressing

Serves 4

INGREDIENTS

- 400g Pacific West Salt & Pepper Squids

For the salad (mixed)

- 4 little gem lettuce hearts, quartered lengthways
- 1 red finely sliced onion
- 4 plum tomatoes, roughly chopped
- 8 new potatoes, cooked and quartered lengthways
- 115g/4 oz extra fine French beans, topped, cooked and drained
- 4 eggs, cooked for 6 minutes in boiling water & halved
- 16 pitted black olives in brine
- 8 ripped basil leaves

For the dressing (mixed)

- 105ml/7tbsp Grenoble nut oil
- 3 tbsp red wine vinegar
- 2 tbsp freshly chopped parsley
- 2 tbsp freshly snipped chives
- 2 garlic cloves, peeled and finely chopped
- 1 tsp salt
- 1 tsp ground black pepper

METHOD

1. From frozen, deep Fry **Pacific West Salt & Pepper Squids** for 3-4 minutes at 180°C.
2. Spread the dressing on the salad.
3. Mix in evenly the Salt and Pepper Squids and serve.

Watch the recipe video and try it yourself!

 **Pacific West**



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