



Grilled Squid with Chilli, Garlic and Oregano Sauce

Makes: 2-4

Prep time: 5 minutes plus 2 hours marinating time

Cook time: 5 minutes

400g squid pieces tubes, cleaned

1-2 red chillies

1 tablespoon dried oregano

2 tablespoons lemon juice

3 cloves garlic

3 tablespoons extra virgin olive oil

Squid is available frozen all year round and is a really handy ingredient to have on standby for a quick and healthy barbecue. We love to whizz up a boldly flavoured sauce like this one with chilli, garlic and oregano to marinate and then dress it - give it a couple of hours marinating time if you can. Make sure to preheat the barbecue really well before cooking your squid - it should be cooked hot and fast!

Method:



1. Open out the squid tubes using a sharp knife and score the inside surface in a cross-hatch pattern, taking care not to cut all the way through the squid.

2. Combine the red chillies, lemon juice, garlic, oregano and extra virgin olive oil in a small blender and whizz to a sauce.

3. Use half of the sauce to marinate the squid for at least 2 hours.

4. Preheat two gas burners on the Jupiter Outback BBQ and set the heat to high. Make sure the grill





is really hot before cooking your squid. Cook for a couple of minutes each side, or until just cooked through.

5. Serve the squid with the remaining sauce.

