Recipe

Salt & Pepper Squid

INGREDIENTS:

- 1 whole squid
- 1 egg
- Buckwheat flour

For serving:

- Lemon
- Detox pesto

Kimballe's Spice Mix:

- Italian herbs
- Smoked paprika
- Curry powder
- White pepper
- Himalayan Salt

METHOD:

1. Beat one egg in a bowl. In a separate bowl, add a thin layer of buckwheat flour, just enough to cover the bottom—avoid using too much.

2. Slice the calamari into strips.

3. Dip each calamari strip into the beaten egg, then coat it in the buckwheat flour. Lightly sprinkle more buckwheat flour over the top.

4. Place the coated calamari strips into the air fryer.

5. Repeat the process until all strips are coated, adding more buckwheat flour to the bowl as needed.

6. Lightly spray the calamari with coconut oil and season with Italian herbs, smoky paprika, curry powder, white pepper, and salt.

7. Air fry at 200°C for 10 minutes.

8. Serve with a slice of lemon and a side of detox pesto