



Fried Calamari Roll

with Red Cabbage Slaw



20-30min



2 Servings

It's hard to believe fried calamari rolls aren't at every seaside fish shack. We think they're tastier than their fried clam roll cousin and we've made them lighter by shallow frying in a skillet rather than a deep-fat fryer. It takes just a minute to crisp them up in the oil then into the bun they go with a generous slather of caper mayo. The crunchy red cabbage slaw on the side is a refreshin...

What we send

- scallions
- apple cider vinegar
- cayenne pepper
- red cabbage
- squid, rings and tentacles
- lemon
- parsley

What you need

- all-purpose flour ¹
- coarse salt
- freshly ground black pepper
- egg ³
- sugar
- vegetable oil

Tools

- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Egg (3). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580.0kcal



1. Make slaw

Finely slice cabbage into ribbons. Remove root end from scallions then thinly slice on the bias. Toss cabbage and scallion with vinegar and 1 tablespoon oil. Add 1/2 teaspoon sugar, 1/2 teaspoon salt and a few grinds of black pepper.



2. Soak calamari

Beat egg in a bowl. Rinse and pat dry calamari then add to bowl with egg. Combine 1/2 cup flour, 1/2 teaspoon salt, 1/2 teaspoon freshly ground black pepper and cayenne pepper in a separate bowl.



3. Make caper mayonnaise

Finely chop capers and mix with mayonnaise. Cut lemon into wedges. Remove parsley leaves from stems.



4. Toast buns

Preheat broiler with rack 6 inches from heat source. Place buns on rack and broil until toasted, turning occasionally, about 2 minutes.



5. Fry calamari

Heat 1/2 cup oil in a large skillet over high heat. Drain calamari, toss to coat in flour mixture, shake off excess. Add calamari to oil and cook until golden, about 1 minute. Add parsley in the last few seconds. Transfer squid and parsley to a paper towel-lined plate.



6. Assemble

Squeeze lemon half over calamari. Spread caper mayo on one side of toasted buns. Divide calamari between the buns and serve with cabbage slaw and lemon wedges. Enjoy!