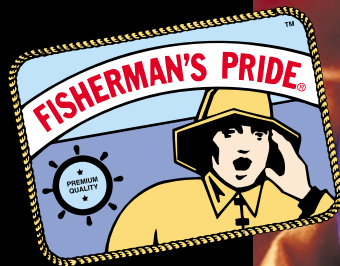


Calamari Curry Stir Fry

WITH MIXED VEGETABLES



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CALAMARI CURRY STIR FRY

With Mixed Vegetables

INGREDIENTS

1 pound Fisherman's Pride® calamari, cleaned and cut in 1/4-inch wide rings

1/4 cup lime juice

1/2 teaspoon salt

1/2 large cauliflower, florets only

1 Idaho potato, peeled and cut in 3/4-inch cube

2 tablespoons vegetable oil

1 medium onion, thinly sliced

3 cloves garlic, sliced lengthwise

3 inches fresh ginger, finely grated

1 tablespoon ground coriander

1 tablespoon ground cumin

1/2 teaspoon turmeric

1/8 teaspoon cayenne pepper

Water

Fresh coriander

1. Marinate the calamari rings for 20 minutes in lime juice and salt. Drain.

2. Bring a pot of water to a boil. Add salt to taste and cook the cauliflower florets and diced potato in the boiling water until soft, but not quite cooked. Lift the vegetables out with a slotted spoon or spider and reserve.

3. Heat 2 tablespoons oil in a sauté pan or wok. Add sliced onion. Cook and toss until it begins to soften. Add garlic and ginger, and more oil if necessary.

4. When garlic is golden, add ground coriander, cumin, turmeric and cayenne pepper. Toss and stir.

5. Add cauliflower and potato and cook until they take on some color, about 3 minutes. Add the calamari and toss with the other ingredients. Pour in 1/2 cup water and scrape the pan. Toss the ingredients until all are hot.

6. Place in a serving bowl and garnish with fresh coriander leaves.

7. Serving suggestion: Cook your favorite rice as an accompaniment.

SERVES 4

