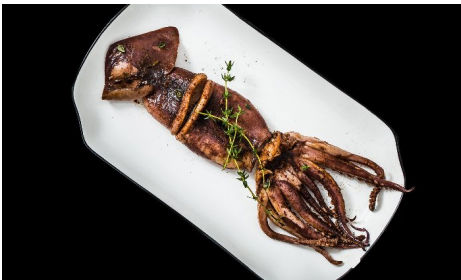


Grilled Stuffed Squid

Cuisine: **Japanese**
Food category: **Fish**

Author: **Steve Shih**
Company: **Retigo Asia Limited**



Program steps

Preheating: 250 °C

1

Combination

30 %

Termination by time

00:08
hh:mm

230 °C

80 %

Ingredients - number of portions - 1		
Name	Value	Unit
Fresh Squid	1	pcs
rice	500	g
veges	200	g
water	500	g
Garlic	10	g
Shallots	10	g
Lemongrass	10	g
bbq sauce	30	g
Lemon	1	pcs

Directions

1.First clean the squid; remove the tentacles and wings and cut them into small pieces.

2.Steam rice and stired fried garlic, shallots and veges then mix together.

3.Fill squids with the fillings, seal the opening of the squid tubes with a couple of tooth picks. Do not overfill as the Squid will shrink when cooked.

4.Combination mode to grill it around 8 mins with 230°C.

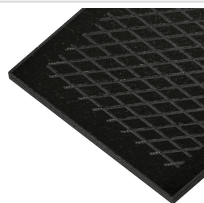
5.Transfer the squid on a chopping board and let cool. Slice into rings before serving. Serve with salt, pepper and Lemon juice.

Nutrition and allergens	
Allergens: Shellfish Minerals: Calcium, Iron, K, Magnesium, Mg, Phosphorus, Potassium, Selenium, Sodium, Zinc, Zn Vitamins: B, B12, B6, Folate, Niacin, Thiamin, Vitamin B6, Vitamin C	
Nutritional value of one portion	Value
Energy	1830.7 kJ
Carbohydrate	411.3 g
Fat	1.6 g
Protein	42.6 g
Water	22.8 g

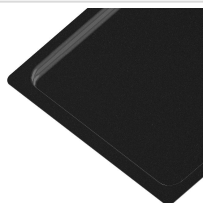
Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill