

Garlic Butter Grilled Squid

A tender and flavorful grilled squid dish infused with garlic butter and fresh herbs, perfect for a light and satisfying main course.



Main Dish

15 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 medium squid, cleaned and sliced into rings
- 1 tbsp butter
- 2 cloves garlic, minced
- 1 tsp olive oil
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste
- 1 lemon wedge

Steps

- 1 Heat olive oil in a grill pan over medium-high heat.
- 2 Season squid rings with salt and pepper.
- 3 Grill squid for 1-2 minutes on each side until just cooked and slightly charred.
- 4 In a small saucepan, melt butter over low heat and add minced garlic. Cook until fragrant, about 1 minute.
- 5 Remove pan from heat and stir in chopped parsley.
- 6 Drizzle garlic butter over grilled squid and toss gently to coat.
- 7 Serve immediately with a lemon wedge for squeezing over the top.