

Grilled squid

This healthy grilled squid is a light and balanced main dish that can be prepped in advance for a busy weeknight.



Main Dish

10 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 fresh squid, 1 tablespoon olive oil, 2 cloves garlic, minced, Juice of 1 lemon, 1 teaspoon chopped parsley, Salt and pepper to taste.

Steps

- 1 Rinse the squid and cut into rings.
- 2 Mix the cut squid with the olive oil, garlic, lemon juice, parsley and salt and pepper in a bowl.
- 3 Heat a skillet over medium-high heat and add the squid and the marinade.
- 4 Sauté for 3 to 4 minutes, stirring often, until the squid is cooked but still has some firmness.
- 5 Serve hot as a main dish.