

Sizzling Garlic Butter Squid

A savory and succulent dish featuring tender squid cooked in a flavorful garlic butter sauce, perfect for seafood lovers.



Main Dish

15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 medium squid, 2 tbsp butter, 3 cloves garlic (minced), 1 tbsp lemon juice, salt and pepper to taste, fresh parsley for garnish

Steps

- 1 Clean the squid thoroughly, remove the head, tentacles, and innards. Peel off the skin and rinse under cold water.
- 2 Cut the squid into rings or slices.
- 3 In a pan, melt butter over medium heat. Add minced garlic and sauté until fragrant.
- 4 Add the squid to the pan and cook for 2-3 minutes until opaque.
- 5 Squeeze lemon juice over the squid, season with salt and pepper.
- 6 Garnish with fresh parsley before serving.