

Spicy Garlic Squid Stir-Fry

This Spicy Garlic Squid Stir-Fry is a quick and flavorful dish that highlights tender squid tossed with vibrant vegetables and a spicy garlic sauce. Perfect for a satisfying meal that's both delicious and easy to prepare!



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 200g squid, cleaned and sliced
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 small red chili, sliced
- 1/2 bell pepper, sliced
- 1/4 cup snap peas
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 Heat the vegetable oil in a pan over medium-high heat.
- 2 Add the minced garlic and sliced chili, sauté for about 30 seconds until fragrant.
- 3 Add the sliced squid and stir-fry for 2-3 minutes until it turns opaque.
- 4 Toss in the bell pepper and snap peas, stir-frying for another 2 minutes.
- 5 Pour in the soy sauce and sesame oil, stirring to coat all the ingredients.
- 6 Season with salt and pepper to taste, and cook for another minute.
- 7 Remove from heat and garnish with fresh cilantro before serving.