



## Salt & Pepper Squid

**Prep: 15 mins**  
**Cook: 10 mins**  
**Serves: 6-8**



### Equipment:

Knife  
Chopping board  
Mixing bowl  
Measuring spoons  
Measuring cups  
Blender  
Medium pot  
Baking tray  
Paper towel

### Ingredients:

1 tablespoon Sichuan peppers  
½ tspn chili flakes  
1½ tspn Chinese five spice powders  
2 tspn sea salt flakes  
100g rice flours  
12 small squid hoods, cleaned, quartered and scored  
2 egg whites, lightly beaten  
Vegetable oil for deep-frying  
Lemon wedges to serve

### Method:

Heat a frying pan over medium heat. Add the peppercorns, chilli flakes, five-spice powder and salt and cook, stirring, for 1 minute or until fragrant. Place the spice mixture in a small food processor and process to a rough powder. Mix half the spice mixture with the rice flour. Dip the squid in the eggwhite and toss in the spice mixture to coat. Heat the oil in a large frying pan or wok over high heat. Cook the squid, in batches, for 1 minute or until crisp. Drain on absorbent paper and toss with the remaining spice mixture. Serve with the lemon. Serves 6–8.

**Food, Fun, do!**