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Because the first Wealth, is Health!

Chunky Garlic & Lemon Calamari

8 Calamari Steaks

4 Cloves of Garlic (for the nights you are not talking to **HIM**)

Juice of one Lemon

Julienne vegetables (carrots / marrows / onion)

Score the surface of the Calamari steaks in a crisscross pattern.

Place 50g of butter in a pan over a medium low heat with the juice of one lemon, and 4 cloves of garlic, roughly chopped.

Add the Calamari. Turn up the heat and sear for 1 – 2 minutes until the butter has browned and the steaks are cooked through.

Serve with Julienne vegetables, stir-fried.

Chef's tips: If you marinate the calamari in milk it makes it very tender.



Beat the recession - Run your own weight loss challenge (one hour per week). Earn extra money part time— Agents Needed!

If you know anyone who could benefit from our products or could use a part time income, please let me know