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Because the first Wealth, is Health!

## Crispy Coconut Calamari

### Ingredients:

600 – 700g cleaned calamari rings  
250ml fresh white breadcrumbs  
Sunflower oil for frying  
2 eggs, beaten with a little milk  
Sweet chilli sauce

Sea salt and milled black pepper  
125ml desiccated coconut  
250 ml seasoned flour  
lime or lemon wedges

1. Pat the calamari rings dry and season to taste with salt and pepper. Mix the crumbs and the coconut and place in a shallow bowl.
2. Pour about 3cm of the oil into a large pan and while heating, take a manageable amount of rings and first dip them in the seasoned flour, then into the egg mixture and finally into the breadcrumbs & coconut mixture.
3. When the oil is hot (if using a deep fryer, set to 170C) drop the coated rings into the oil and cook briefly until golden.
4. Remove from the oil with a slotted spoon and drain on kitchen paper towel. Continue frying more coated rings until done, while keeping the cooked rings warm.
5. Serve with lime or lemon wedges and sweet chilli sauce.

*Serves 4*



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