

# Grilled Stuffed Squid

Cuisine: **Japanese**

Food category: **Fish**

Author: **Steve Shih**

Company: **Retigo Asia Limited**



## Program steps

Preheating: 250 °C

1	Combination	30 %	Termination by time	00:08 hh:mm	230 °C	80 %	
---	-------------	------	---------------------	----------------	--------	------	--

## Ingredients - number of portions - 1

Name	Value	Unit
Fresh Squid	1	pcs
rice	500	g
veges	200	g
water	500	g
Garlic	10	g
Shallots	10	g
Lemongrass	10	g
bbq sauce	30	g
Lemon	1	pcs

## Nutrition and allergens

Allergens: Shellfish

Minerals: Calcium, Iron, K, Magnesium, Mg, Phosphorus, Potassium, Selenium, Sodium, Zinc, Zn

Vitamins: B, B12, B6, Folate, Niacin, Thiamin, Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	1830.7 kJ
Carbohydrate	411.3 g
Fat	1.6 g
Protein	42.6 g
Water	22.8 g

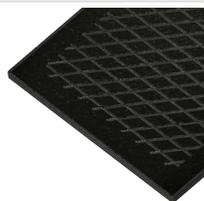
## Directions

- 1.First clean the squid; remove the tentacles and wings and cut them into small pieces.
- 2.Steam rice and stired fried garlic, shallots and veges then mix together.
- 3.Fill squids with the fillings, seal the opening of the squid tubes with a couple of tooth picks. Do not overfill as the Squid will shrink when cooked.
- 4.Combination mode to grill it around 8 mins with 230°C.
- 5.Transfer the squid on a chopping board and let cool. Slice into rings before serving. Serve with salt, pepper and Lemon juice.

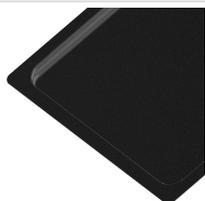
## Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill