

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 %	
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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

Directions

1. First clean the squid; remove the tentacles and wings and cut them into small pieces.
2. Steam rice and stir-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 toothpicks. 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.

Nutrition and allergens

Allergens:

Minerals: K, Mg, Zn

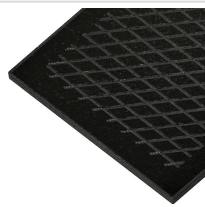
Vitamins: B

Nutritional value of one portion	Value
Energy	1798.7 kJ
Carbohydrate	404.1 g
Fat	1.5 g
Protein	41.5 g
Water	0 g

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill