



Traditional Sri Lankan Recipes – BY Chef Pablis

5. Squid head curry

Ingredients

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|---------------------------|-----------------------------|
| Squid head | 500 g |
| Chili mixture | 03 Tbsp (refer recipe No.6) |
| Green chili slit into two | 05 nos |
| Chopped tomato | 50 g |
| Coconut oil | 200 ml |

Marination

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|------------|-------|
| Turmeric | ½ tsp |
| Lime juice | 1 tsp |
| Salt | ½ tsp |

Method

1. Clean, wash & drain the squid heads. Marinade with salt, lime and turmeric
2. Place a pan on stove, add oil, heat and blanch squid head.
3. Pre-heat another pan add the chili mixture and sauté with chopped tomato.
4. Add the blanched cuttle fish & green chili, stir fry for about 30 seconds. Correct seasonings.

Serves 5