



Paprika Crumbed Calamari
RECIPE

Paprika Crumbed Calamari



<?xml version="1.0"?>

TIME

10 Mins

INGREDIENTS

10 items

MAKES

6 servings

Looking for a great light meal option to go with the sweet & tangy thousand island dressing? Try these crunchy spiced calamari rings, they are full of flavour and easy to prepare.

SHARE

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in same window\)](#)

INGREDIENTS

- 500g fresh calamari, cut into 1 cm thick rings
- ¾ cup plain flour
- 1 tbsp. smoked paprika
- Salt and pepper, to taste
- 2 eggs, whisked
- 2 cups panko breadcrumbs
- 1 tbsp. MasterFoods™ Professional Paprika Ground
- Vegetable oil for deep frying
- ⅓ cup MasterFoods™ Professional Thousand Island Dressing
- Lemon wedges and green salad, to serve

PRODUCTS USED



MasterFoods Professional Gluten Free Thousand Island Dressing 2.5kg

[SEE DETAILS](#)

Cooking Instructions:

1. 1

Heat the oil in wok or deep pan ready for frying and pre-heat oven to 150°C. Add the smoked paprika the flour and season with salt and pepper.

2. 2

Set up a dredging station with seasoned flour, eggs, and panko breadcrumbs alongside each other. Add calamari rings a few at a time first into the flour, then the egg, then the breadcrumbs, shaking off the excess.

3. 3

Fry rings in batches for 2-3 minutes until golden, then transfer to a wire rack set over a baking tray. Sprinkle over paprika and place in the oven to keep warm until all rings are cooked.

4. 4

Serve with lemon wedges, fresh green salad and Thousand Island dressing on the side.

Tips:

1. 1

To save time the coating and prep can be done in advance and chilled until ready to cook.

2. 2

Also great with MasterFoods™ Professional Tartare Sauce or MasterFoods™ Professional Sweet Thai Chilli Sauce.

LOVE THIS RECIPE?

[ADD ALL TO CART](#)

Buy all available masterfoods product in this recipe

More Recipes Like This



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

[Add to cart!](#)

Source URL:

<https://www.masterfoodsprofessional.com.au/recipes/paprika-crumbed-calamari>