



Grilled Squid with Herb and Lemon



2 Servings



20 minutes

Ingredients :

- 1lb fresh squid
- 2 tbsp olive oil
- 2 cloves minced garlic
- 1tbsp fresh parsley
- 1tsp fresh thyme
- Zest of 1lemon
- Salt and black pepper
- Lemon wedges for serving



Instructions :

1. Clean and prep the squid by rinsing under cold water , patting dry , and cutting into flat pieces or rings .
2. Mix olive oil , minced garlic , chopped herbs , lemon zest , salt , and pepper to make the marinade .
3. Toss squid in the herb mixture and marinate for 5 minutes , but no longer than 10 minutes .
4. Preheat grill to 450 –500 °F and oil the grates lightly to prevent sticking .
5. Grill squid for 2 minutes per side until opaque with slight char marks .
6. Transfer to a plate , squeeze fresh lemon juice over the top , and garnish with extra herbs before serving .