CALAMARI CURRY STIR FRY

- 1 lb Fisherman's Pride® Calamari, cleaned and cut in 1/4-inch wide rings
- 1/4 cup Lime juice
- 1/2 tsp Salt
- 1/2 Large cauliflower, florets only
- 1 ea Idaho potato, peeled and cut 3/4-inch cube
- 2 Tbsp Vegetable oil|1 ea Medium onion, thinly sliced
- 3 cloves garlic, sliced lengthwise
- 3 inches Fresh ginger, finely grated
- 1 Tbsp Ground coriander
- 1 Tbsp Ground cumin
- 1/2 tsp Turmeric
- 1/8 tsp Cayenne pepper
- Water
- Fresh coriander

1. Marinate the calamari rings for 20 min in lime juice and salt. Drain.
2. Bring a pot of water to a boil. Add salt to taste and cook the cauliflower florets and diced potato in the boiling water until soft, but not quite cooked. Lift the vegetables out with a slotted spoon or spider and reserve.
3. Heat 2 Tbsp oil in a sauté pan or wok. Add sliced onion. Cook and toss until it begins to soften. Add garlic and ginger, and more oil if necessary.
4. When garlic is golden, add ground coriander, cumin, turmeric and cayenne pepper. Toss and stir.
5. Add cauliflower and potato and cook until they take on some color, about 3 minutes. Add the calamari and toss with the other ingredients. Pour in 1/2 cup water and scrape the pan.
6. Toss the ingredients until all are hot.
7. Place in a serving bowl and garnish with fresh coriander leaves.
8. Serving suggestion: Cook your favorite rice as an accompaniment.

ADDITIONAL INFORMATION

Ingredients	1 ea Idaho potato, peeled and cut 3/4-inch cube, 1 ea Medium onion, thinly sliced, 1 lb Fisherman's Pride® Calamari, cleaned and cut in 1/4-inch wide rings, 1 Tbsp Ground coriander, 1 Tbsp Ground cumin, 1/2 Large cauliflower, florets only, 1/2 tsp Salt, 1/2 tsp Turmeric, 1/4 cup Lime juice, 1/8 tsp Cayenne pepper, 2 Tbsp Vegetable oil, 3 cloves garlic, sliced lengthwise, 3 inches Fresh ginger, finely grated, Fresh coriander, Water
Course	Dinner, Entrees
Cuisine	American
Category	Seafood
Serving Size	4