

CALAMARI CHIPS WITH ROAST CAPSICUM DIP



 Serves 6

 Prep Time 15 Minutes

 Cook Time 20 Minutes



INGREDIENTS

- 1 red capsicum, deseeded and cut into 4 equal pieces
- ¼ tsp paprika
- 1 Tbsp fresh basil leaves
- ½ cup **HEINZ [SERIOUSLY] GOOD™ Lite Mayonnaise**
- 400g box **Sealord frozen Calamari Chips**
- 1 ½ Tbsp oil
- 1 tsp crushed garlic

METHOD

1. Place capsicum skin side up on a foil-lined oven tray. Cook under a preheated grill at 220° C until browned. Cool and peel off the skin. Place capsicum in a food processor with paprika and basil process until almost smooth. Alternatively chop finely. Stir into the **HEINZ [SERIOUSLY] GOOD™ Lite Mayonnaise**.

- 200g button mushrooms, wiped
 - 3-4 courgettes, cut into 2cm chunks
2. Place the frozen **Sealord Calamari Chips** in a single layer on a baking paper-lined oven tray. Bake at 200°C for 8 minutes, turning once after 4 minutes, cook until hot, golden and crunchy.
 3. Combine oil and garlic in a small bowl, season with pepper. Place the prepared vegetables on a second baking paper-lined oven tray, brush with garlic oil. Cook on the oven shelf below the Calamari Chips for 6-8 minutes or until hot and tender.
 4. Serve hot Calamari Chips on a warm platter with hot garlic roasted vegetables and Roasted Capsicum Dip.