



Salt & Pepper Squid Twists™

Give your guests a unique twist with
these natural squid strips.

SM CODE: 6868 | 10 X 1KG





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Give your menu a unique twist with these salt and pepper squid twists. These natural squid twists have been specially cut to cook evenly across the whole piece, with no gummy feel, for a better eating experience. The speciality cut also provides smarter plate coverage and more pieces per kg for finger foods and tapas.

- * Made from natural squid strips
- * Tasty flavour profile
- * Excellent plate coverage
- * Oven and deep fryer ready
- * Cooks evenly every time



Product Information

Code	Product	Units/Carton	Pack Size
6868	Shore Mariner Salt and Pepper Squid	10	1kg

Nutrition Information

Servings per pack: 10
Serving size: 100g

	Avg Qty per serving	Avg Qty per 100g
Energy	773 kJ	773 kJ
Protein	11.2 g	11.2 g
Fat -Total	10.5 g	10.5 g
-Saturated	1.9 g	1.9 g
Carbohydrate	23.2 g	23.2 g
Sugars	<1 g	<1 g
Sodium	478 mg	478 mg

Cooking Instructions

Deep Fryer (Preferred preparation method)

Preheat oil to 180°C. Cook for 2 - 3 minutes or until golden brown. Drain any excess oil, allow to cool and serve.

Conventional Oven

Preheat oven to 220°C, place frozen squid on tray and bake for 10 - 15 minutes or until golden brown. Ensure to rotate half way through cooking. Allow to cool and serve.

Shallow Fry

Preheat cooking oil to 180°C, place frozen squid in the oil, cooking both sides for approximately 2½ minutes or until golden brown, turning product occasionally. Allow to cool and serve.