

# Chinese Salt & Pepper Squid

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/squid-chilli-fry-chinese-recipe>

## Ingredients:

- 2 whole squid cleaned and cut into pieces, see my video on how to clean and prepare squid here or 400g, 14 oz pre-cleaned calamari tub...
- 1 tablespoon Sichuan peppercorns
- 1 tablespoon black peppercorns
- 1 tablespoon sea salt
- 1/4 cup plain flour
- 1/4 cup rice flour
- 2 garlic cloves roughly chopped
- 4 spring onions scallions, finely sliced
- 1 red chilli large, finely sliced
- vegetable oil for deep frying and stir-frying
- lime wedges to serve

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 43 grams
3. Fat: 11 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 3550 milligrams
8. Sugar: 2 grams

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