

Spicy squid with Japanese BBQ sauce

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-baby-squid-recipe>

Ingredients:

- 5 1/16 tablespoons rapeseed oil
- 1 teaspoon chilli flakes
- 7/8 pound baby squid
- crusty bread to serve
- 4 2/3 tablespoons tomato ketchup
- 2 tablespoons Worcestershire sauce
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 1 tablespoon caster sugar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 18 grams
3. Fat: 35 grams
4. Protein: 2 grams
5. SaturatedFat: 2.5 grams
6. Sodium: 1010 milligrams
7. Sugar: 14 grams

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