



Air Fryer Crispy Salt And Pepper Calamari

Ingredients

- 5 g Spray Oil, Canola, Cooking
- 500 g Calamari Rings
- 40 g MAGGI Crispy Salt and Pepper Seasoned Coating

Instruction

1. Preheat air fryer to 200°C for 5 minutes.
2. Coat calamari pieces with oil. Place calamari and Maggi Salt & Pepper Airfryer recipe mix in a sealable bag. Shake and toss to evenly coat the calamari pieces.
3. Place half the coated calamari pieces in the air fryer and cook for 12 minutes or until cooked through. Repeat with remaining calamari.

Nutrition

Carbohydrates	8.1 g
Energy	230.55 kcal
Fats	3.13 g
Protein	21.97 g

🕒 12 Minutes

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