

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.
- 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.

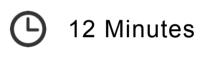
Nutrition

Carbohydrates

Energy

230.55 kcal

8.1 g



Fats	3.13 g
Protein	21.97 g