

# Summer Seafood Salad



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Recipe by: Laura Vitale

Serves 4 to 6

**Prep Time: 20 minutes**

**Cook Time: 15 minutes**

## Ingredients

- \_\_ 2-1/2 lb of Seafood of Choice, I used calamari, shrimp and octopus
- \_\_ 1/3 cup of Olive Oil
- \_\_ 1 Fennel Bulb, trimmed and thinly sliced
- \_\_ 1 shallot, thinly sliced
- \_\_ 2 Stalks of celery, very thinly sliced
- \_\_ 1 clove of Garlic, smashed and peeled but left whole
- \_\_ 1/4 cup of Parsley, finely chopped
- \_\_ Salt to taste
- \_\_ Juice of 1 Lemon

1) Toss the seafood with a touch of olive oil and salt, grill on a hot grill (charcoal is preferred) just for a couple minutes on each side (DO NOT overcook) then set aside to cool slightly.

2) Chop the cooked seafood into bite size pieces, add to a bowl with the shallots, celery, fennel, garlic, parsley, olive oil, salt and lemon, toss and taste for seasoning, then refrigerate about 30 minutes before serving.

