**Green and Garlic Seafood Salad**

(serves 6 plus lots leftover)

*You’ll need:*

* 18 large fresh prawns
* 500g cleaned squid
* 500g firm fish such as salmon or tuna
* a red capsicum
* half a cup of olive oil
* 3 cloves garlic
* 4 cloves garlic, crushed
* 1 red chilli, chopped (optional)
* 1 onion, chopped
* Good handful of parsley, finely chopped
* 4 cups lettuce, torn (or salad greens, if you prefer)
* 6 beetroot

*Method:*

*The day before:*

Preheat oven to 200°C

Peel beetroot and chop into small chunks.

 Place on a greased tray and bake about half an hour or till tender. Cool.

Cut squid tubes down the side, score the sides with a crises cross pattern, cut into thin slices and simmer in a saucepan till tender - about half an hour.  Cool.

Wrap fish in alfoil.  Bake 20 minutes. Check it's cooked in the middle, but don't overcook or it will be dry.  Cool. Chop into chunks.

Peel and dehead the prawns.

Sauté the onion and garlic in 3 tbsp of olive oil till the onion is soft.  Take off the heat. Add the lemon juice and the rest of the oil, plus the chilli if you like a bit of a tang.

Add this to the fish, prawns and squid. Keep in a sealed container in the fridge.

*Just before serving:*

Mix greens, spread on a plate, top with marinated seafood and spread the chopped baked beetroot around the edges. Season with pepper and serve.