



Serves 2

Ingredients

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Instructions

- **Pat the calamari dry with a clean towel so they don't slatter in the hot pan. In a separate pot bring water to a boil and add 1 Tbs. of sea salt. Add the pasta to the boiling water and cook for 8-10 minutes then drain.**
- **In a separate hot fry pan add the oil, garlic and scallions. Sauté for 1 minute. Add the rings to the pan and stir briefly.**
- **Next add turmeric, red peppers, lemon zest and lemon juice and stir for one more minute.**
- **Combine calamari with the pasta and stir or toss.**
- **Using tongs twist the spaghetti mixture in the center of a pasta bowl and serve.**