

## Tender Lemon Garlic Calamari with Garlic Aioli Dip

Lemon Garlic Calamari with Aioli

**TIME**  
**20 min**

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**ChefManiac**

### INGREDIENTS

For the Calamari:

1 lb fresh calamari rings and tentacles

$\frac{1}{2}$  cup all-purpose flour

$\frac{1}{2}$  teaspoon salt

... teaspoon black pepper

2 cloves garlic, minced

Zest of 1 lemon

2-3 tablespoons olive oil

Lemon wedges for serving

2 tablespoons fresh parsley, chopped

For the Garlic Aioli:

1 egg yolk

1 garlic clove, minced

$\frac{1}{2}$  cup olive oil

1 tablespoon lemon juice

Pinch of salt

### DIRECTIONS

1. Prepare the Aioli: In a bowl, whisk together the egg yolk and minced garlic.
2. Slowly drizzle in the olive oil while whisking continuously until the mixture thickens and becomes creamy.
3. Add lemon juice and a pinch of salt, then refrigerate until ready to serve.
4. Prepare the Calamari: Pat the calamari rings and tentacles dry with paper towels to remove excess moisture.
5. Season the Flour: In a shallow bowl, combine the flour, salt, and black pepper.
6. Dredge the Calamari: Lightly coat the calamari in the flour mixture and shake off any excess.
7. Heat the Pan: Heat olive oil in a large skillet over medium-high heat.
8. Add the minced garlic and sauté for about 30 seconds until fragrant.
9. Cook the Calamari: Add the calamari and cook for 2-3 minutes, stirring frequently until lightly golden and just cooked through.
10. Finish with Lemon: Remove from heat and toss with lemon zest and a squeeze of fresh lemon juice.
11. Garnish and Serve: Sprinkle with fresh parsley and serve immediately with lemon wedges and the garlic aioli.

### SWAPS & NOTES

**Using Frozen Calamari** Frozen calamari works perfectly-just thaw and pat it very dry before cooking.

**Extra Flavor Options** You can add a pinch of red pepper flakes or smoked paprika for a little heat.

**Aioli Shortcut** If you're short on time, mix garlic and lemon juice into mayonnaise for a quick aioli-style dip.

**Prepare the Aioli** In a bowl, whisk together the egg yolk and minced garlic.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/tender-lemon-garlic-calamari-with-garlic-aioli-dip/>