



## Recipes

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# Mango Sesame Calamari Wrap

Serves 1

### Ingredients:

- 1/4 cup Cornmeal
- 1/2 cup All Purpose Flour
- 1/2 tsp. Salt
- 1/2 tsp. Freshly Ground Black Pepper
- 1/4 tsp. Cayenne Pepper Sauce Pepper
- 1 large Egg
- 1 cup Squid (tentacles and sliced tubes)
- 1 Mission® 12" Heat Pressed Flour Tortilla (10430)
- 2 1/4 cups Spring Mix
- 1 cup Mango Slices
- 1/4 cup Macadamia Nuts , cut in half
- 3 Tbsp. Sesame Orange Vinaigrette (see Related Recipe)

### Directions:

1. In one bowl, mix corn meal, half of the flour, salt, pepper and cayenne. In another bowl, beat the egg. In a third bowl, place the other half of the flour.
2. Dip calamari first in the flour, then in the egg, then in the corn meal mixture.
3. Fry calamari until golden in a deep fat fryer. Set aside.
4. In another bowl, toss the spring mix with mango slices, macadamia nuts, fried calamari and Sesame Orange Dressing.
5. Heat Mission® flour tortilla until warm and pliable. Fill with Calamari salad. Fold in sides of wrap, then fold forward to seal. Slice in half and serve.





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# Sesame Orange Vinaigrette

Serves 1

### Ingredients:

- 1/3 oz. (1/2 cup) Rice Wine Vinegar
- 1/4 oz. (1/3 cup) Orange Juice
- 1/5 oz. (1/3 cup) Olive Oil
- 1/8 oz. (3 Tbsp.) Minced Shallots
- 1/8 oz. (3 tsp.) Lime Juice
- 1/8 oz. (3 tsp.) Minced Ginger
- 1/4 tsp. Chopped Italian Parsley
- 1/8 tsp. Salt
- 1/8 oz. (1 tsp.) Sesame Oil
- 1/8 oz. (3 Tbsp.) Peanut Oil

### Directions:

1. Combine first eight ingredients in a small bowl. Whisk in the oil. Keep refrigerated.