Fishermans

Do not put sauce over Cajun or fried If only vegetable side add 2 portions



Platter for 2

Contains Shellfish - Molluscs - Fish - Dairy

INGREDIENTS

- 110g calamari -grilled, fried or
- Cajun
- 110g Octopus
- 300g-400g Seabass
- 12 prince prawns (butterflied) - grilled or Cajun
- 6 mussels
- 100ml creamy garlic sauce
- 400g Side
- 120ml creamy lemon sauce

METHOD

1. Grill, fry or Cajun the fish.
2. Grill or Cajun the prawns.
3. Grill, fry or Cajun the calamari
4. Place mussels in the platter and cover with lemon garlic sauce
5. Place the fish, prawns, calamari, octopus and mussels and side on the platter
6. Ladle over the creamy lemon sauce over the fish, prawns and calamari. Do not put sauce over Cajun food.
7. Garnish with 2 lemon wedges.

GARNISH

- 2 lemon wedges

EQUIPMENT

- Flat top grill
- Spatula
- Deep Fryer
- Bain Marie

NOTES

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- If only vegetable side add 2 portions