



Garlic Cheese Prawns

Served with a table spoon



Small Pan

Contains Shellfish - Dairy

INGREDIENTS

- 6 Prince Prawns
- 200ml Lemon Garlic Sauce
- 20g Feta Cheese

EQUIPMENT

-  Flat Top Grill
-  Spoon
- Salamander (If you have)

METHOD

- 1 De-shell the prawns and remove the tail.
- 2 Grill the prawns and place them in a starter pan.
- 3 Smother the prawns with the creamy lemon garlic sauce.
- 4 Crumble the feta cheese over the prawns and place the pan on the flat top grill until the sauce bubbles.

NOTES

- Served with a table spoon



Food safety

From the SOP - what the kitchen must not skip on this dish.

PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%



ON THE PASS

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Plate - Small Pan

Method and video links are on page 1.