



King Prawns

Do not cook the prawns on top of each other Defrost on order



6 Prawns - Large Pan; 10 Prawns - Platter for 1

Contains Shellfish - Dairy

INGREDIENTS

- 6 King Prawns
- 9g Spice mate or 8g Cajun Spice
- 15ml Rapeseed Oil
- 200g Side
- 60ml Creamy Lemon Sauce
- OR
- 10 King Prawns
- 15g Spice mate or 8g Cajun Spice
- 20ml Rapeseed Oil
- 200g Side
- 60ml Creamy Lemon Sauce

METHOD

- 1 Oil the flat top and place the prawns flesh side down on the grill for approx. 1 minute. Do not press the prawns flat.
- 2 After 1 minute turn the prawns over and cook for approx. 30 seconds.
- 3 Serve with a side of the guests' choice.
- 4 Garnish with 2 lemon wedges

GARNISH

- 2 lemon wedges

EQUIPMENT

-  Flat top grill
-  Spatula

NOTES

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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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Method and video links are on page 1.