Platter for 1

Do not put sauce over Cajun or fried



Platter for 1 | Contains Shellfish - Molluscs - Fish - Dairy

INGREDIENTS

- 110g calamari - grilled, fried or
- Cajun
- 55g calamari heads - grilled, fried or Cajun
- 100g Platter fish (hake) - grilled, fried or Cajun
- 6 Prince Prawns (butterflied) - grilled or Cajun
- 4 Mussels
- 60ml creamy garlic sauce
- 200g Side
- 60ml creamy lemon sauce

METHOD

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

GARNISH

- 1 lemon wedge

EQUIPMENT

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

NOTES

- Do not put sauce over Cajun or fried