Prawns & Calamari

Do not put sauce over Cajun or fried Do not cook the prawns on top of each other



Large Pan | Contains Shellfish - Molluscs - Dairy

INGREDIENTS

- 220g calamari tubes- grilled, fried or Cajun
- 6 prince prawns, butterflied - grilled or Cajun.
- 200g Side
- 60ml creamy lemon sauce

METHOD

1. Grill or Cajun the prawns.
2. Grill, fry or Cajun the calamari.
3. Place the calamari, fish and side in a large pan.
4. Ladle over the creamy lemon sauce over the prawns and calamari. Do not put sauce over Cajun food.
5. Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

Flat top grill
Spatula
Deep Fryer

NOTES

- Do not put sauce over Cajun or fried
- Do not cook the prawns on top of each other