Solemate

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



Platter for 2

Contains Shellfish - Molluscs - Fish - Dairy

INGREDIENTS

- 440g Calamari tubes - grilled, fried or cajun
- 18 Prince Prawns (butterflied) - grilled or cajun
- 8 Mussels
- 100ml Lemon garlic sauce
- 400g Side
- 120ml Creamy Lemon Sauce
- 1 Village salad

METHOD

1. Grill or cajun the prawns.
2. Grill, fry or cajun the calamari.
3. Place mussels in the platter and cover with lemon garlic sauce
4. Place the prawns, calamari, mussels and 400g side on a platter for 2.
5. Ladle over the creamy lemon sauce over the fish, prawns and calamari. Do not put sauce over cajun food.
6. Garnish with 2 lemon wedges.

GARNISH

- 2 lemon wedges

EQUIPMENT

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

NOTES

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