Coastal Catch Platter

Hake fish bites, calamari strips, 2 prince prawns, chips, rice and creamy lemon sauce.



Large pan with sauce bowl.

Contains Shellfish - Molluscs - Fish - Gluten

INGREDIENTS

- 2 Prince Prawns
- 1g Spicemate OR 1g Cajun
- 2ml Vegetable oil
- 100g Hake Fish Bites
- 110g Calamari Strips
- 5g OB Dry mix
- 35g OB Batter mix
- 35ml Palm oil
- 50g Chips
- 50g Rice
- 30ml Creamy Lemon Sauce

METHOD

1. Fry the fish bites.
2. Fry the calamari strips.
3. Grill the prawns.
4. Plate the rice, chips, calamari, fish bites and prawns in a large pan.
5. Serve the Creamy Lemon Sauce in a sauce bowl and place it in the pan.
6. Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Skimmer
- Deep Fryer
- Flat top grill
- Spatula

WATCH THE METHOD

How to clean prawns https://www.youtube.com/watch?v=xu-BEWmemkI
Frying calamari https://www.youtube.com/watch?v=S9R9fxg1dSc
How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24