Platter for One

Mixed platter with fish, prawns, calamari, mussels, side and sauce.



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Contains Shellfish - Molluscs - Fish

INGREDIENTS

- 110g calamari tubes - grilled, fried or Cajun
- 55g calamari heads - grilled, fried or Cajun
- 100g OB Select fish - grilled, fried or Cajun
- 6 Prince prawns
- 5g Spicemate OR 5g Cajun
- 3 Mussels
- 30ml Lemon garlic sauce
- 200g side of choice (half chips / half rice recommended)
- 60ml sauce of choice

METHOD

1. Grill, fry or Cajun the OB Select fish.
2. Grill or Cajun the prawns.
3. Grill, fry or Cajun the calamari and the calamari heads.
4. Heat the mussels in the lemon garlic sauce.
5. Place the fish, prawns, calamari, mussels and side order on a Platter for 1.
6. Serve with sauce of guest's choice.
7. Garnish with lemon wedges.

GARNISH

- 2 lemon wedges

EQUIPMENT

- Skimmer
- Scale
- Boiler table
- Deep Fryer
- Flat top grill
- Spatula
- Large Spoon

WATCH THE METHOD

How to clean prawns https://www.youtube.com/watch?v=xu-BEWmemkI
Frying calamari https://www.youtube.com/watch?v=S9R9fxg1dSc
Removing mussel beards https://www.youtube.com/watch?v=qAUOMGqJhZ4
How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24