Prawn & Fish Pan

3 prince prawns and OB Select fish in a pan with a side and creamy lemon sauce.

Large pan. | Contains Shellfish - Fish - Dairy

INGREDIENTS

- 3 Prince prawns
- 2g Spicemate
- 10ml Vegetable oil
- 100g OB Select Fish - Grilled, Fried or Cajun
- Grilled: 10ml Vegetable oil
- Fried: 70ml Palm oil
- 1 x Side of choice
- 30ml Creamy lemon sauce

METHOD

1. Grill the prawns according to OB standards.
2. Prepare the OB Select Fish according to guest's choice.
3. Plate the fish in a large pan.
4. Add the guest's choice of side to the pan.
5. Plate the grilled prawns in the pan.
6. Serve with Creamy Lemon Sauce.
7. Garnish with a lemon wedge.

GARNISH

- 1 Lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Boiler table / Induction stove
- Large spoon

WATCH THE METHOD

How to clean prawns https://www.youtube.com/watch?v=xu-BEWmemkI
How to cook prawns https://www.youtube.com/watch?v=q5IDDxDNq-Y
How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24