



Any 2 Protein Combo

Pick any 2 different proteins with side and sauce.



Large pan.

Contains Shellfish - Fish

INGREDIENTS

- Guest choice of any 2 different proteins: 6 Prince Prawns OR Hake 200g OR Calamari Strips 110g OR Calamari 110g OR 6 Mussels
- 60ml Lemon garlic sauce (if mussels selected)
- 1 x Side of Choice
- 60ml Sauce of Choice

GARNISH

- 1 lemon wedge

METHOD

- 1 Prepare the guest's chosen proteins according to OB standards.
- 2 If mussels are selected, serve in Lemon Garlic Sauce.
- 3 Serve chosen proteins in an OB main pan.
- 4 Serve with the guest's side and sauce of choice.
- 5 Garnish with a lemon wedge.

EQUIPMENT

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



Food safety

From the SOP - what the kitchen must not skip on this dish.

PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%

MUSSELS COOKING METHOD

SOP 9 - Food Book

Preparation: Whole Shell mussels from pre-portioned frozen packs. Cooking: Place frozen mussels directly into a pan on the flat top grill. Add 60ml water using a ladle. Add more water if needed during cooking. Cover the pan and steam for 3-4 minutes, or until all mussels have opened. Discard any mussels that do not open. Finishing: Drain any remaining water. Transfer mussels to a clean pan and spoon your chosen sauce over the top. Return the pan to the grill for 1 minute to heat the sauce through. Plating: Mussels are served in a large pan with the guest's chosen side in a small pan. Add OB bread rolls on a small coloured plate with a serviette.



ON THE PASS

Any 2 Protein Combo

Plate - Large pan.

Method and video links are on page 1.