Coastal Catch Platter

3 Epic Crunch hake dippers, calamari strips, 2 prince prawns, 100g chips, 100g 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
- 120g Hake bellies (3pcs) - see start & share
- 110g Calamari Strips
- 5g OB Dry mix
- 35ml OB Batter mix
- 35ml Palm oil
- 200g Side (Half & Half)
- 30ml Creamy Lemon Sauce

METHOD

1. Fry the hake bellies
2. Fry the calamari strips.
3. Grill the prawns.
4. Plate the rice, chips, calamari, hake dippers 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

TIPS

- Each Hake Belly should be checked individually for scales and scales should be removed.

TAKEAWAY

Fish & Chips Box & 1x Sauce container

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