



Pan O' Prawns

Kids prawns with chips, rice and tomato sauce.



Small Pan with sauce bowl.

Contains Shellfish

INGREDIENTS

- 5 Prince prawns
- 2g Spicemate
- 10ml Vegetable oil
- 50g Chips
- 50g Rice
- 25ml Tomato sauce

METHOD

- 1 Place the prawns on the grill, pre-spiced flesh side down, and grill until golden brown.
- 2 Plate the rice, chips and prawns.
- 3 Place the Tomato sauce in a sauce bowl in a large pan.

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-BEWmemkl>



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%



ON THE PASS

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Plate - Small Pan with sauce bowl.

Method and video links are on page 1.