

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-BEWmemkl>

How to cook prawns <https://www.youtube.com/watch?v=q5IDDxDNq-Y>

How to fry fish <https://www.youtube.com/watch?v=DmpQilgND24>

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%