Prawn & Mussels Pan

5 prince prawns and 3 mussels with side and creamy lemon sauce.



Large pan.

Contains Shellfish - Molluscs - Dairy

INGREDIENTS

- 5 Prince prawns
- 5g Spicemate
- 5ml Vegetable oil
- 3 Mussels
- 30ml Lemon garlic sauce
- 1 x 200g Side of choice
- 30ml Creamy lemon sauce

METHOD

1. Grill the prawns according to OB standards.
2. Prepare the mussels according to OB standards and serve in Lemon Garlic Sauce.
3. Plate the mussels in a large pan.
4. Add the guest's choice of side to the pan.
5. Place 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

TAKEAWAY

Fish & Chips Box & 1x Sauce container

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
Removing mussel beards https://www.youtube.com/watch?v=qAUOMGqJhZ4
Mussels: receiving to cooking https://www.youtube.com/watch?v=yVFqVihSxME