



Spicy Prawns

Prince prawns cooked in spicy sauce and served with bread rolls and side.



Large pan, small pan, small coloured plate with serviette.

Contains Shellfish - Gluten

INGREDIENTS

- 12, 18 OR 24 Prince prawns (Head on, shell on, cleaned)
- 150ml, 210ml OR 270ml spicy sauce
- 2 OR 4 OB bread rolls
- 1 x side of choice

METHOD

- 1 Clean and de-vein the prawns. Do NOT butterfly. Keep head on, shell on, tail on.
- 2 Spoon sauce into a large pan.
- 3 Add the prawns and cook over medium heat.
- 4 Cook the prawns until the shells are bright orange.
- 5 Plate the prawns in a clean pan.
- 6 Spoon the remaining sauce over the prawns.
- 7 Serve with 200g side of choice in a small pan, and bread rolls on a small plate with a serviette.
- 8 Garnish with green garnish and a lemon wedge.

GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

EQUIPMENT

-  Large spoon
-  Flat top grill
-  Spatula
- Boiler table

TIPS

- Cook the prawns in the sauce. Do NOT butterfly the prawns.

WATCH THE METHOD

Spicing prawns <https://www.youtube.com/watch?v=9M157PNMI68>

How to clean prawns <https://www.youtube.com/watch?v=xu-BEWmemkl>

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



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 - Large pan, small pan, small coloured plate with serviette.

Method and video links are on page 1.