The High Tide

Single-serve pan: OB Select, prince prawns and half-shell mussels with chips and rice in creamy lemon sauce.



Large pan.

Contains Shellfish - Molluscs - Fish - Gluten

INGREDIENTS

- 100g OB Select
- 15g OB dry mix
- 3 prince prawns
- 2g Spicemate
- 5ml vegetable oil
- 3 half-shell mussels
- 30ml lemon garlic sauce
- 200g side (100g chips / 100g rice)
- 30ml creamy lemon sauce

METHOD

1. Grill or fry the OB Select according to OB standards.
2. Grill the prawns according to OB standards.
3. Prepare the mussels in the lemon garlic sauce.
4. Serve in a large pan with 100g rice / 100g chips and creamy lemon sauce.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Deep fryer
- Skimmer

TIPS

- Plate in a way that heroes the prince prawns.
- Take away: Platter for One box.

WATCH THE METHOD

How to clean prawns https://www.youtube.com/watch?v=xu-BEWmemkI
Frying calamari https://www.youtube.com/watch?v=S9R9fxg1dSc
Removing mussel beards https://www.youtube.com/watch?v=qAUOMGqJhZ4
How to fry fish https://www.youtube.com/watch?v=DmpQiLgND24