Bite of the Ocean

Calamari, OB Select fish and prawns plated together with a side and sauce.



Large pan.

Contains Shellfish - Molluscs - Fish - Dairy

INGREDIENTS

- 110g Calamari (100g tubes, 10g heads) - grilled, fried or Cajun
- 100g Cape hake - grilled, fried or Cajun
- 3 Prince prawns
- 200g Side of choice (half chips / half rice recommended)
- 60ml Sauce of choice (creamy lemon and lemon garlic recommended)

GRILLED/CAJUN

- 20ml Rapeseed Oil

FRIED

- 35ml Rapeseed Oil

METHOD

1. Grill, fry or Cajun the OB Select fish.
2. Grill or Cajun the prawns.
3. Grill, fry or Cajun the calamari.
4. Place the fish, prawns, calamari and side order in a large pan.
5. Serve with sauce of guest's choice.
6. Garnish with a lemon wedge.

GARNISH

- 1 Lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Scale
- Deep fryer
- Skimmer

TAKEAWAY

Platter for Two Box with 1x sauce container

WATCH THE METHOD

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