Oceans Platter

Platter for one: panko fish, grilled calamari strips, mussels and panko prawns, with chips and rice.



Platter for One.

Contains Shellfish - Molluscs - Fish - Gluten

INGREDIENTS

- 100g OB Select (fried)
- 110g calamari strips (grilled)
- 3 half-shell mussels
- 3 panko prawns
- 100g chips
- 100g rice
- 30ml lemon garlic sauce
- 30ml creamy lemon sauce

METHOD

1. Prepare the panko fish according to OB standards.
2. Prepare the half-shell mussels according to OB standards.
3. Grill or fry the calamari strips according to OB standards.
4. Prepare the panko prawns according to OB standards.
5. Dish 100g of OB rice and 100g chips onto a Platter for One.
6. Plate the panko fish to the front of the platter.
7. Plate the calamari and mussels in the platter.
8. Place the panko prawns over the rice.
9. Ladle the lemon garlic sauce over the mussels.
10. Serve with creamy lemon sauce.
11. Garnish with a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT

- Flat top grill
- Spatula
- Deep fryer
- Skimmer

TIPS

- Plate the prawns over the rice.
- Take away: Platter for One box.

WATCH THE METHOD

Oceans Platter https://www.youtube.com/watch?v=oLVGFTfew0U
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