# Platter for One

Mixed platter with fish, prawns, calamari, mussels, side and sauce.



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Contains Shellfish - Molluscs - Fish - Dairy

## INGREDIENTS

- 110g Calamari tubes - grilled, fried or Cajun
- 55g Calamari heads - grilled, fried or Cajun
- 100g Cape hake - grilled, fried or Cajun
- 6 Prince prawns
- 3 Mussels
- 30ml Lemon garlic sauce
- 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 and the calamari heads.
4. Heat the mussels in the lemon garlic sauce.
5. Place the fish, prawns, calamari, mussels and side order on a Platter for 1.
6. Serve with sauce of guest's choice.
7. Garnish with lemon wedges.

## GARNISH

- 2 lemon wedges

## EQUIPMENT

- Skimmer
- Scale
- Boiler table
- Deep Fryer
- Flat top grill
- Spatula
- Large Spoon

## TAKEAWAY

**Platter for Two Box with 2x sauce containers**

**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