

Recipes

BBQ Whole Prawns

500gm whole prawns
1/4 cup olive oil
1 tablespoon soy sauce
1/2 teaspoon chilli powder
1 teaspoon garlic salt
1 teaspoon lemon juice

Mix oil, soy sauce, chilli powder, garlic salt and lemon juice in bowl, add prawns and mix well, Allow to marinate for 1 -2 hours.

Prepare BBQ to medium heat and apply enough oil to stop prawns from sticking. Place prawns on BBQ and cook on each side for 3 minutes.

Curried Prawns

500gm prawn meat
500ml coconut milk
1-2 tablespoons yellow curry paste (flavour to suit)
1/2 teaspoon salt
1 teaspoon sugar
1 teaspoon lemon juice
1/2 teaspoon soy sauce

Using a frypan bring half of the coconut milk to the boil, add curry paste and stir until mixed, then simmer for 10 minutes, add salt, sugar, lemon juice, soy sauce and remaining coconut milk and simmer for 5 minutes. Add the prawn meat and simmer for approximately 5 minutes. Serve over a bed of rice.

BBQ Prawn Skewers

4 Prawn skewers (using shell off, head off prawns)
1/4 cup peanut satay sauce
Olive Oil

Brush satay sauce liberally over prawns. Prepare BBQ to medium heat and apply enough oil to stop prawns from sticking. Place skewers on BBQ and cook on each side for 2-3 minutes.

Stir-Fry Prawns

500gm prawn meat
1/2 cup red capsicum, diced
1/2 cup green capsicum, diced
300gm snow peas
1/2 spring onion, sliced
1/4 cup soy sauce
1 tablespoon sweet chilli sauce
oil for wok

Mix Prawns, soy sauce and sweet chilli sauce in bowl and leave for 15 minutes. Heat oil in wok and add prawn mix, continuously stirring for 2-3 minutes, remove prawns from wok and set aside.

Place capsicum, snow peas and onion in wok and stir continuously until just softened. Add prawns to wok and stir in well over medium heat for further 2 minutes. Serve over a bed of rice.