

BEECH OVENS

SELECTED BY THE WORLD'S LEADING HOTELIERS



Prawns On Grilled Vegetables & Citrus Infusion

Name of dish:	Prawns on Grilled Vegetables & Citrus Infusion	
Cooking Temperature:	250°C	
Cooking method:	Sauté	Preparation Time:30mins
Number of portions:	1	Cooking Time: 5mins
		Time total:35mins



<i>Ingredients</i>				<i>Method</i>
Item	Amount	UOM- Kg/MI/Each		
Green Prawns	120	g	1	Sauté onion, half the garlic, star
Rocket	50	g		anise, capsicums & tomatoes in
Eggplant	20	g		a pan until all is soft.
Zucchini	20	g	2	Add half the lemon juice, the
Sugar	40	g		orange juice, blend & pass thru
Coriander	10	g		fine strainer.
Lemon Juice	10	ml	3	While still warm put back in
Red Capsicum	40	g		blender and slowly add 1/2 oil.
Garlic	10	g	4	Grill Eggplant, Zucchini & Red
Chilli	5	g		Onion. Place in marinade of
Red Onion	20	g		sugar, lemon, chilli garlic, oil &
Tomato	40	g		coriander. Allow to cool.
Onion	20	g	5	Grill Prawns, mix rocket and
Star Anise	5	g		grilled vegetables and place on
Orange Juice	5	ml		serving plate.
Olive Oil	30	ml	6	Top with prawns & dressing.