



Asian Spiced Prawns with Mango Salsa and Pineapple Fried Rice For 5 people

Ingredients

Asian Spiced Prawns

650 g tiger Prawns
50 ml sunflower Oil
Cornstarch

Marinade

15 g fresh Coriander
15 g fresh Ginger
8 g garlic
80 g lime
30 ml rice wine

Mango Salsa

250 g mango
25 g green bell pepper
25 g red bell pepper
25 g yellow bell pepper

Pineapple Fried Rice

250 g basmati rice
200 ml chicken stock
100 ml vegetable stock
60 ml water
15 g spring onion
30 g pineapple
60 g carrots

Preparation

Asian Spiced Shrimp

One day in advance:

Butterfly cut each prawn and remove the vein, if required. Mix the marinade ingredients together and warm in a pan to release the full flavours. Allow the mixture to cool before adding the prawns and marinate overnight in the refrigerator.

On the day:

Remove the marinated prawns from the mixture and add to a preheated wok of sunflower oil. Fry the prawns over a high heat for a few minutes until they change colour, then remove from the pan.

Add the strained marinade to the wok, thicken with cornstarch and pour over the prawns as soon as it reaches the boil.

Cut all of the salsa ingredients into 0.5 cm cubes and mix. If needed, strain the mixture to remove excess juice before using as a garnish to the finished dish.

Pineapple Fried Rice

One day in advance:

Heat the Basmati rice in sunflower oil in a wide pot for a few minutes. Heat the stocks together and add to the rice, stir and wait until it boils. Cover the pot tightly and turn off the heat. Wait 40 minutes before opening the pot. Remove rice and let it cool down on a flat tray before refrigerating.

On the day:

Cut pineapple into 0.5 cm slices remove the centre and grill in the pan for 30 – 60 seconds each side. Save five slices for decoration and chop the others into cubes. Set aside.

Finely dice carrots and boil. Slice spring onion and set aside with the boiled carrots. Heat the wok and coat with sunflower oil then toss all the ingredients in the following order: pineapple, onions, carrots and rice until it is heated through.

Mould the rice on the plate, decorate with the whole pineapple slice and finish the dish with the prawns.

