

KING PRAWNS IN GARLIC

SERVES 2

INGREDIENTS:

16 X Sea Water White
King Prawns
Good Quality Olive Oil
3 Cloves Garlic
Coriander
Lemon
Sourdough bread

PREP TIME : 5 MINS

COOKING TIME : 15 MINS

METHOD:

Sometimes there's nothing better than a simple dish and prawns in garlic is one of those. Sweet king prawns in fragrant garlic infused oil straight from the oven, sourdough ready to mop up the leftovers...here's how to try this holiday favourite at home.

Ask us for whole head on Sea Water White King Prawns, 6-8 per portion will do.

Put a long glug of good olive oil in a pan, we use Brindisa's Arbequina Extra Virgin Olive Oil here. Bruise, peel and slice 2-3 large cloves of garlic as thin as you can. When the oil is moderately hot add the garlic and simmer for a few seconds with a large pinch of sea salt flakes.

Add the whole prawns to the pan, cover in oil and simmer for a minute until the shells start to turn pink. Move the prawns into an oven proof dish or pan that you would like to serve then in and put the whole dish, with a lid if possible, into a hot oven (180C) for 8-10 mins.

Remove the dish from the oven, finish with a squeeze of lemon and a handful of chopped parsley or coriander, serve straight at the table with your favourite bread and a cold glass of white wine - Albarino works perfectly!

