



SEARED KING PRAWNS



RECIPE BY LUCAS GLANVILLE

DIRECTOR OF CULINARY
OPERATIONS, SINGAPORE AND
SOUTH EAST ASIA AT HYATT
HOTELS CORPORATION

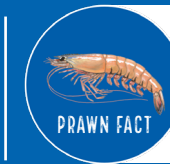


COOKING TIME
20 MINS



SERVING
4

IMPRESS YOUR FRIENDS WITH THIS HEALTHY,
SUSTAINABLE AND EASY TO MAKE RECIPE SENT FROM
SINGAPORE BY AUSTRALIAN CHEF LUCAS GLANVILLE



SHRIMP AND PRAWN ARE
CENTRAL TO VARIOUS CUISINES
FROM DIFFERENT CULTURES. THEY
OWE THEIR GREAT POPULARITY
NOT ONLY TO THEIR TASTE BUT
ALSO TO THEIR VERSATILITY.

INGREDIENTS

- 12 large peeled and cleaned MSC wild-caught King prawns (available in Selfridges)
- 1 bulb fennel, sliced
- 1 red onion, sliced
- 200g steamed kipfler potatoes (or similar waxy potatoes)
- 8 spears green asparagus, sliced
- 100g steamed fine green beans
- 1 tablespoon grain mustard
- 60ml extra virgin olive oil
- Juice of 1 lemon
- 20ml water
- Sea salt and cracked pepper to taste



and remember to look
for the blue fish label



METHOD

1. Heat a non-stick pan, add a little extra virgin olive oil and then add the seasoned prawns, cooking gently until you have colour on both sides.
2. In a bowl, add the sliced fennel, red onion, green asparagus and green beans. Mix together.
3. In a separate bowl, add equal parts of fresh lemon juice, extra virgin olive oil, grain mustard and water. Season with sea salt and cracked pepper, whisk together.
4. Slice the potatoes and lay evenly around the plate, spoon some dressing onto the salad, mix gently and then place a handful of the salad on top.
5. Place the seared prawns on top of the salad and spoon a little dressing over the prawns.